

Sun Point Counseling: Offering Culturally Competent EMDR Counseling in Lancaster



Lancaster, Pennsylvania Jan 24, 2022 ([Issuewire.com](https://www.issuewire.com)) - [Sun Point Wellness Center](#) is proud to provide evidence-based culturally competent EMDR therapy, in addition to their already comprehensive list of [mental health services](#). This expansion will allow them to meet the growing demand for **EMDR counseling**, which has been shown effective for PTSD treatment and other trauma-related conditions. **EMDR Certified Therapists: Marcus Lewis, Yanina Marti & Laura Morse** will now lead the largest team of EMDR practitioners in Lancaster County - making them a top choice for EMDR Therapy. Additionally, their team has over 20 EMDRIA trained Counselors who offer a range of EMDR services, including treating: phobias, anxiety, addictions, eating disorders, sexual dysfunction, overcoming attachment trauma, and more.

Sun Point Wellness Center has expanded its EMDR trauma counseling staff in order to meet the needs of an increasing patient population. The team is led by both Laura Morse and Breesha Comish of Sun Point Wellness, along with Marcus Lewis overseeing their Florida counseling services.

“The EMDR counselors at Sun Point are dedicated to providing top-notch care for our community,” said Morse. “With offices conveniently located in Lancaster County along with virtually, the new counselors will provide sessions for adults, children, and families who need help coping with stress or moving past trauma.”

EMDR therapy has been shown to be successful for treatment-resistant PTSD and other anxiety disorders. This holistic therapy improves trauma symptoms by combining guided eye movements along with hand tapping and bilateral audio tones. The sessions work by desensitizing a person's response to traumatic events, which can help ease their anxiety and improve their ability to function in day-to-day life.

EMDR stands for Eye Movement Desensitization and Reprocessing, which is a type of psychotherapy that has been proven effective in healing deeply rooted trauma. The technique involves having the client focus on an image or thought related to their traumatic event while simultaneously moving their eyes back and forth or from side to side. It has been shown to reduce distress levels, feelings of sadness, anger, anxiety, guilt, and irritability. Now, with their expanded EMDR team of therapists, Sun Point Wellness Center is accepting new clients who are looking for help in overcoming distressing life events such as abuse or assault.

Sun Point Wellness Center’s EMDR counselors all have experience in trauma work and are highly qualified to help talk through sensitive trauma histories. The center offers flexible schedules and a safe environment for their clients and they can feel comfortable talking about their past so that they can live in their present lives free of fear. The goal is to help each client heal quickly by dealing with their mental health issues in a safe space and processing their emotions without fear or judgment.

Morse and the counselors at Sun Point Wellness Center of Lancaster, Pennsylvania offer a **FREE** phone consultation to give interested parties a chance to speak to someone and determine if **EMDR therapy** would be helpful. Visit the website at <https://www.sunpointwellness.com/emdradvancedresources> to find out how to make initial contact, and get started on the path to a happier, healthier life.

Sun Point Wellness Counseling

welcome@sunpointwellness.com

(717) 297-0515

Source : Sun Point Counseling is founded on the belief that all who seek therapy have unique needs. We work with you to understand those needs and provide high-quality services to individuals, couples, and families. We believe that an evidence-based and caring approach is the best way to give you the support you need on your path to wellness.

[See on IssueWire](#)