

Sun Point Wellness Center Offers EMDR Therapy in Person and Virtually for Depression and Anxiety



Lancaster, Pennsylvania May 9, 2022 ([Issuewire.com](https://www.issuewire.com)) - If you're feeling sad, lonely, or if life is not going as expected then getting psychological help may be the answer. But these days, time is short and the cost of driving is at an all-time high. That's where the [Sun Point Wellness Center](#) may be able to help. They offer psychological counseling, including EMDR therapy, in person at their offices, or online virtually.

Eye Movement Desensitization and Reprocessing therapy (EMDR) is a process that encourages patients to briefly focus on their traumatic memories while simultaneously experiencing bilateral stimulation. EMDR treatment has been shown in numerous studies as being effective in reducing the vividness of painful experiences, which makes it easier for people who have experienced severe abuse or assault to let go of these difficult thoughts and stop feeling overwhelmed by them. Research shows us how essential this type of mental health care really can be for patients struggling with post-traumatic stress disorder after having gone through something terrible like sexual battery or war.

“People from all walks of life are now able to access our counseling services virtually anywhere,” said EMDR Certified Counselor and CIT Consultant Marcus Lewis. “We offer premier evidence-based treatment so everyone who enters our doors, or signs up online, can receive confidential treatment from one of our certified EMDR counselors.”

The Sun Point Wellness Center in Lancaster is a mental health service provider that has been around for years, and now provides services in Florida, as well. They offer [EMDR therapy](#) and other counseling treatments so anyone who comes through their doors will be helped quickly with what's best suited to them.

“We are committed to providing proven high-quality therapy that is both affordable and accessible for our community,” said EMDR Certified Counselor and CEO Laura Morse. “From day one, we have been consistent in all the ways we approach clients with their needs at heart. This includes offering a variety of options through various modalities such as EMDR, talk therapies, or mindfulness practices so each person can find what works best for them.”

The renowned Sun Point Wellness Center offers an extensive list of workshops and therapies to help those in need. Virtual therapy sessions on the Internet is one that can be accessed by individuals who cannot physically attend events or meet up with other patients due to distance limitations. It provides confidential therapy and guidance through video chat using webcams. This is one of the most convenient and time-saving ways to start improving lives and relationships.

Visit <https://www.sunpointwellness.com> to learn more about their EMDR services or to start counseling online with a certified therapist.

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Source : Sun Point Counseling is committed to providing premier evidence-based therapy, Eye Movement Desensitization Therapy, and programs with Certified Couples Sex and Trauma Therapists.

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