

HOW DOES EMDR DIFFER TO CBT COUNSELLING?

While CBT (Cognitive Behavioural Therapy) and talking therapies focus on changing thoughts and behaviours through reflection and discussion, EMDR works differently, it helps the brain reprocess unhealed memories at a deeper level.

CBT & Counselling involve talking through challenges, events, where EMDR uses bilateral stimulation (like eye movements) to help the brain “unstick” from past trauma or distress, often without needing to talk in detail about the experience.

Clients often say EMDR feels less overwhelming, especially when words feel hard to find. It can create profound shifts, not just in how you think, but in how you feel and respond to life.

Certified *EMDR therapist*



📍 14 West Mills, Newbury, West Berks

🌐 www.wellnesswithin.uk

✉ info@wellnesswithin.uk



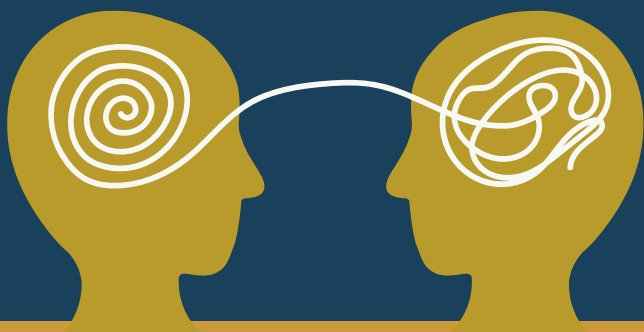
EMDR



Niki Baggs

A safe, evidence based approach to healing trauma, anxiety, and emotional distress.

In-person in Newbury & Secure online sessions available



EMDR THERAPY AT WELLNESS WITHIN

EMDR (Eye Movement Desensitisation and Reprocessing) is a gentle, structured therapy that helps the brain process and heal from past trauma. By combining brief focus on distressing memories with guided eye movements or other forms of bilateral stimulation, EMDR can reduce the emotional charge and vividness of painful experiences. Backed by decades of research, EMDR has been shown to effectively treat trauma, PTSD, anxiety, depression, chronic pain, and more. It's a powerful approach used worldwide—with millions supported on their journey to healing.

MY OFFER

Therapy with care, clarity, and compassion. With over 35 years' experience supporting emotional wellbeing, I offer EMDR therapy in a way that is deeply respectful, grounded, and attuned to your nervous system. I work gently and at your pace, creating a safe space where difficult memories can be explored without overwhelm. EMDR is not about reliving trauma, it's about reprocessing it in a supported, structured way that helps you feel more resourced, more present, and more whole.



WHAT CLIENTS SAY

"I finally feel free from the weight I carried for years."

"EMDR helped me make sense of things I thought I'd never move past."

"Each session brought more clarity, and I feel more like myself again."

Whether you're seeking resolution from a specific event or struggling with the cumulative impact of life's challenges, I'm here to walk alongside you.

Online or in-person sessions
(Newbury)

YOUR PACE

EMDR therapy unfolds in gentle, structured phases, always guided by your needs and readiness. There's no rush, all phases happen at a manageable pace.

1. History & Planning – We explore your story, but not the detail of the trauma. Most importantly, exploring what you'd like to change.
2. Preparation – You learn tools to regulate emotions, feel safe and steady throughout.
3. Assessment – We identify the memory or belief to work on when you're ready.
4. Desensitisation – Bilateral stimulation helps the memory lose its emotional charge.
5. Installation – We strengthen positive beliefs about yourself.
6. Body Scan – We notice and clear any lingering tension in the body.
7. Closure – Each session ends with grounding, care, and a sense of completion.
8. Re-evaluation – We review your progress and decide next steps together.

Each phase is designed to support healing safely and respectfully — you're always in control.