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EMDR: 3 things I wish I'd known before I started trauma therapy by Pooky Knightsmith Mental Health ago 22 minutes 138,976 views In today's video I talk a bit more about , EMDR , - eye movement dese  $\frac{Page}{P}$ 

reprocessing, therapy, - a NICE approved, treatment, ...

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ago 58 minutes 96,770 views

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