

Psychologist and EMDR Clinician Dr. Irit Goldman to be Featured on CUTV News

MODESTO, CALIFORNIA, UNITED STATES, January 16, 2019

[/EINPresswire.com/](http://EINPresswire.com/) -- Growing up in Israel, Irit Goldman knew she wanted to be a psychotherapist, and also wanted to focus on children. She never dreamt that a few years as a special education teacher, to help her align with counseling children who have special needs, would grow into a lengthy career. When Dr. Goldman retired after 37 years in education (13 of it in Israel), she finally had the time to focus on her other great passion: diagnosing and healing patients using a modality known as EMDR. Dr. Goldman is one of only three clinicians in her part of California certified in this bilateral brain stimulation technique, which helps people cope with trauma



and avert PTSD. That is why she was requested to counsel responders to the raging wildfires this fall, and why she volunteered to be on the frontlines of a war in Israel a few years back.

In her radio show, Dr. Goldman is going to explain just what EMDR is, how it was discovered by Dr. Francine Shapiro, and how useful it can be to unlock the brain section that stores memories. EMDR stands for Eye Movement Desensitizing Reprocessing, which is a mouthful to say, but not that hard to understand--especially when Dr. Goldman uses the analogy of the digestive system to explain how things get processed and eliminated by the human body (or when they get stuck and can't be processed). By activating the two sides of the brain to work together, with eye movements similar to those in our REM sleep mode, people are able to process traumas—like being in a car accident, witnessing a crime, or suffering physical/sexual abuse—and to feel safe, confident and whole again.

EMDR is a complex process and Dr. Goldman knows it is not the counseling tool for everyone.

She chooses what to use in her treatment sessions--which involve individuals, couples and groups—based on the patient and his/her distinct needs. Sometimes she will use traditional talk therapy, or cognitive behavioral therapy, to help resolve patient problems. Those may include depression, stress management, phobias, anxiety, relationship issues, ADHD and grief.

Irit Goldman received her Master's degree in Marriage and Family Therapy in 2002 and then a Doctorate in Clinical Psychology in 2004. She pursued training in EMDR in 2009 and frequently uses, or speaks about, this unique therapeutic modality. Listeners who want to know more about EMDR

can watch a video up on Dr. Goldman's website, or read the book *The Body Keeps the Score* (by Dr. Bessel Van Der Kolk) that discusses how we store the memories of traumatic events inside.

CUTV News Radio will feature Dr. Irit Goldman in an interview with Doug Llewelyn on Friday, January 19th 2019, at 3:00pm EST.

Listen to the show on [BlogTalkRadio](#)

If you have questions for our guest, call 347-996-3369

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Lou Ceparano

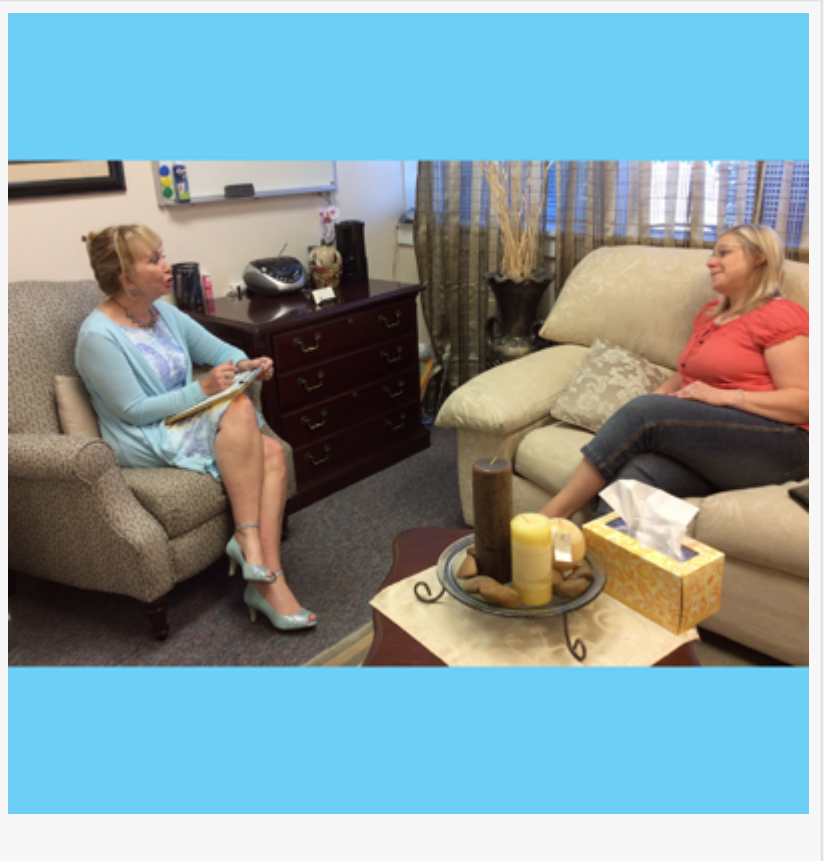
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