

Science Meets Spirit: Soul Echo Therapy Unites EMDR, IEMT, and Sound Therapy in Phoenix

Phoenix-based practice integrates EMDR, IEMT, hypnotherapy, and sound therapy for trauma, stress, and emotional resilience

PHOENIX, AZ, UNITED STATES, September 4, 2025 /EINPresswire.com/ -- [Soul Echo Therapy](#) Bridges Science and Spirituality in a New Model of Healing

Phoenix-based practice offers clients relief from trauma, stress, and burnout by integrating EMDR, IEMT, hypnotherapy, and sound therapy

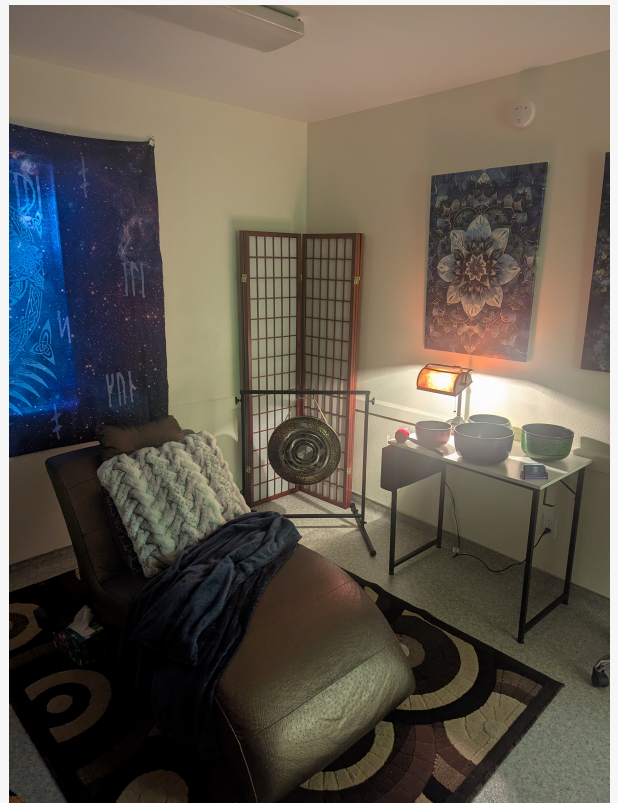
For anyone living with stress, trauma, or burnout, traditional therapy can feel incomplete—and alternative approaches can feel ungrounded. Soul Echo Therapy, founded by Dr. Jennifer Couldry, Doctor of Musical Arts (DMA), certified in EMDR, IEMT, and hypnotherapy, offers something new: an integrated model of care that blends proven psychological therapies with the healing vibrations of sound to help clients feel calmer, stronger, and more resilient.

“True healing doesn’t happen in silos,” said Dr. Couldry, Founder and CEO of Soul Echo Therapy. “Our approach bridges neuroscience and spirituality—honoring both the clinical rigor of modern therapies and the ancient, vibrational power of sound. This gives clients a path to healing that is both scientifically grounded and spiritually meaningful.”

What This Means for Clients

*Relief from trauma symptoms, anxiety, and emotional overwhelm through evidence-based therapies like EMDR and IEMT.

*Faster, deeper breakthroughs using hypnotherapy to access the subconscious mind and rewire



Soul Echo Therapy - Session Room

limiting patterns.

*A calmer body and clearer mind with sound therapy, which research shows can lower blood pressure, ease pain, and reduce anxiety.

*A holistic experience where healing feels safe, personalized, and deeply restorative.

Evidence-Based Modalities

EMDR (Eye Movement Desensitization and Reprocessing): Proven effective in more than 30 clinical trials and endorsed by the World Health Organization for trauma and PTSD.

IEMT (Integral Eye Movement Therapy): A rapid-change model shown to help clients shift stuck emotions and improve resilience.

Hypnotherapy: Backed by 2024 meta-analyses in *Frontiers in Psychology*, effective for anxiety, pain relief, and behavior change, with brain scans (PNAS, Stanford University) showing measurable network changes.

The Power of Sound

“

Using modern therapies and the ancient, vibrational power of sound, we create a path to healing that is both scientifically grounded and spiritually meaningful for our clients.”

Dr. Couldry

Sound therapy enhances these therapies by shifting the body into balance. A 2025 study in *Australian Critical Care* found that just 13 minutes of live harp music lowered heart rate, blood pressure, and pain perception in ICU patients. Reviews published in *Healthcare* (2023) confirm that music interventions ease anxiety and promote recovery.

“When you combine science-backed methods with the ancient resonance of sound, you don’t just treat

symptoms—you transform lives,” said Dr. William Deihl, PhD, Founder of [Doc Hypnosis](#).

“Through our partnership, Soul Echo Therapy and Doc Hypnosis give clients a comprehensive spectrum of care that addresses both the subconscious mind and the body’s natural rhythm of healing.”

A Holistic Path Forward



Soul Echo Therapy - Crystal Bowls

Soul Echo Therapy is part of a growing movement where neuroscience meets the sacred. By offering clients tools that work on both the mind and body, the practice helps people not just cope—but thrive.

About Soul Echo Therapy

Soul Echo Therapy, based in Phoenix, AZ, provides integrative mental health and wellness services that unite evidence-based therapies with the healing power of sound. Founder Dr. Jennifer Couldry, Doctor of Musical Arts (DMA), is certified in EMDR, IEMT, and hypnotherapy, combining advanced clinical training with a deep background in music. In partnership with Dr. William Deihl, Doctor of Philosophy (PhD) in Psychology and Founder of Doc Hypnosis, Soul Echo Therapy offers personalized, holistic care to help clients reduce stress, release trauma, and rediscover their personal frequency. Learn more at www.SoulEchoTherapy.com

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