

# VFW Post 12043 --- Maricopa, Arizona



## NEWSLETTER

[www.vfw12043.org](http://www.vfw12043.org)

Date: August 2024

### EMDR Therapy

Eye movement desensitization and reprocessing therapy, commonly known as EMDR, is a mental health therapy method. EMDR treats mental health conditions that happen because of memories from traumatic events in your past. It's best known for its role in treating post-traumatic stress disorder (PTSD), but its use is expanding to include treatment of many other conditions.

#### Overview - What is EMDR therapy?

Eye movement desensitization and reprocessing (EMDR) therapy is a mental health treatment technique. This method involves moving your eyes a specific way while you process traumatic memories. EMDR's goal is to help you heal from trauma or other distressing life experiences. Compared to other therapy methods, EMDR is relatively new. The first clinical trial investigating EMDR was in 1989. Dozens of clinical trials since EMDR's development show this technique is effective and can help a person faster than many other methods. **From The Cleveland Clinic**

WHY I JOINED the VFW & the American Legion - Discovered the heartfelt testimonials of veterans who found purpose, camaraderie, and support. Listened to the voices of those who have walked the same path, sharing why they chose to become a part of our community.

Discover for yourself the perfect volunteer opportunities tailored to your interests. The American Legion & VFW passionately backs its community through a myriad of avenues, whether by directly engaging in the Department of Veterans Affairs Voluntary Service program, forging connections with nearby Air Force ROTC, volunteering at our local Food Panty, the American Legion Honor Guard, Pot Luck Dinners, First Responders Luncheon and as the Red Cross donation center. Additionally, our members help by nurturing youth through various programs and activities, including but not limited to Football, Shooting Events, Oratorical competitions (Middle School program "Patriot Pen;" and High School program "Voice of Democracy.") **We can do more by adding more members!**

Dates of note coming up: U.S. Coast Guard Established (Aug 4, 1790); Purple Heart Medal Established (Aug 7, 1782) & Vietnam War Began (Aug 7, 1964); Japan Surrendered Ending WWII (Aug 14, 1945); V.J. Day Japan Signed Formal Surrender (Sept 2, 1945).

**Not all wounds are visible –**

**Call [988](tel:988) or text [988lifeline.org](http://988lifeline.org) for help!**