

EMDR Therapy Services in Ogden, Utah

 igniterecoverycenter.com/emdr-therapy-services-in-ogden-utah

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Heal From Trauma. Move Forward With Confidence.

EMDR Therapy at Ignite Recovery Center

Painful experiences can continue to affect your thoughts, emotions, relationships, and overall well-being long after the event has passed. If you're struggling with trauma, anxiety, PTSD symptoms, negative thought patterns, or emotional triggers, Eye Movement Desensitization and Reprocessing (EMDR) therapy may help you find lasting relief.

At [Ignite Recovery Center](https://igniterecoverycenter.com), we offer EMDR therapy in Ogden, Utah, as both a stand-alone service and as part of our comprehensive addiction and mental health treatment programs. Our experienced clinicians use evidence-based approaches to help individuals process distressing memories, reduce emotional distress, and build a healthier path forward.

Healing is possible. Change is real. Hope is here.

Call 385-340-5826 or contact our team to learn if EMDR therapy is right for you.

What Is EMDR Therapy?

EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based psychotherapy approach designed to help individuals process and heal from traumatic or distressing experiences.

When a traumatic event occurs, the brain may struggle to fully process the experience. As a result, memories can become "stuck," continuing to trigger emotional distress, anxiety, fear, shame, or other unwanted symptoms.

EMDR therapy helps the brain reprocess these memories in a safe, structured environment. Through guided bilateral stimulation techniques, individuals can reduce the emotional intensity of traumatic memories and develop healthier beliefs about themselves and their experiences.

Unlike traditional talk therapy, EMDR focuses on helping the brain naturally heal and integrate difficult experiences.



What Conditions Can EMDR Therapy Help Treat?

EMDR therapy has been extensively researched and is widely recognized as an effective treatment for trauma-related conditions and emotional distress.

EMDR may help individuals experiencing:

- Trauma and PTSD
- Anxiety disorders
- Depression
- Substance use disorders
- Childhood trauma
- Grief and loss
- Relationship challenges
- Emotional overwhelm
- Panic attacks
- Negative self-beliefs
- Stress-related symptoms
- Life transitions and major changes

Many people seeking addiction treatment also benefit from EMDR because unresolved trauma often contributes to substance use and relapse.

Benefits of EMDR Therapy

Reduce Anxiety, Stress, and Emotional Overwhelm

EMDR can help calm the nervous system and decrease the emotional burden associated with painful memories and experiences.

Heal Trauma and PTSD Symptoms

Processing traumatic experiences can reduce their impact on daily life and improve overall emotional functioning.

Improve Emotional Regulation

Develop healthier responses to stress, challenges, and difficult emotions.

Strengthen Self-Esteem and Self-Confidence

Replace negative beliefs with healthier, more empowering perspectives.

Decrease Emotional Triggers and Reactivity

Gain greater control over emotional responses and reduce feelings of being overwhelmed.

Reduce Negative Thought Patterns

Create lasting changes in how you think, feel, and respond to life's challenges.

Improve Relationships and Communication

Address unresolved emotional wounds that may affect connections with family, friends, and partners.

Increase Resilience and Well-Being

Build a stronger foundation for emotional health, personal growth, and long-term recovery.

Move Forward Without Being Stuck in the Past

Experience renewed hope, greater freedom, and confidence in your future.

EMDR Therapy and Addiction Recovery

At [Ignite Recovery Center](#), we understand that addiction and mental health are often deeply connected.

Many individuals struggling with substance use have experienced trauma, adverse life events, anxiety, depression, or emotional pain that contributes to unhealthy coping behaviors. Without addressing these underlying issues, maintaining long-term recovery can become more challenging.

EMDR therapy helps clients:

- Identify and process unresolved trauma
- Reduce emotional distress that may contribute to substance use
- Develop healthier coping skills
- Strengthen relapse prevention strategies
- Build a stronger foundation for lasting sobriety

By treating both the symptoms and the root causes of addiction, individuals can achieve more meaningful and sustainable recovery.

Meet Kassidy Mahoskey, LCSW

Clinical Director

Kassidy Mahoskey brings more than 12 years of experience in behavioral health and substance use treatment, including 7 years in clinical leadership.

Her areas of focus include:

- Substance Use Disorders
- Trauma
- Anxiety
- Depression
- Family Dynamics
- Couples Dynamics

Kassidy utilizes evidence-based approaches including:

- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing
- Psychoeducation
- Trauma-Informed Care
- EMDR Therapy

Through a collaborative and structured approach, she helps clients identify harmful patterns, strengthen coping skills, and build a foundation for sustainable, lasting change.



Family Support and Healing

Trauma and emotional challenges often affect entire families, not just individuals.

Our team recognizes the importance of family involvement in the healing process and can help clients and their loved ones improve communication, strengthen relationships, and create healthier support systems that encourage long-term success.

Flexible, Accessible Care

We believe quality mental health care should be accessible to everyone seeking help.

Virtual Appointments Available

Receive therapy from the comfort and privacy of your own home through secure virtual sessions.

Insurance Accepted

We work with most major insurance providers and help clients understand their coverage options.

Flexible Payment Options

Affordable payment plans are available for those seeking treatment without insurance coverage.

Why Choose Ignite Recovery Center for EMDR Therapy?

When choosing an EMDR therapist in Ogden, experience, compassion, and individualized care matter.

Clients choose Ignite Recovery Center because we offer:

- Evidence-based EMDR therapy
- Experienced trauma-informed clinicians
- Addiction and mental health expertise
- Family-centered support
- Virtual therapy options
- Insurance-friendly treatment
- Flexible payment plans

- Personalized treatment plans
- Compassionate, judgment-free care

Whether you're seeking help for trauma, anxiety, depression, substance use, or personal growth, our team is here to support your healing journey.

Frequently Asked Questions

Start Your Healing Journey Today

You don't have to carry the weight of trauma, anxiety, or emotional pain alone.

At Ignite Recovery Center, our compassionate team is committed to helping individuals heal, grow, and move forward with confidence.

Recovery ignites here.

Verify Your Insurance | Schedule an Assessment | Start Healing Today