



History. Culture. Trauma
Thursday at 1PM Pacific
October 6th 2022: What is EMDR? Is it Right for You?

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories. It is a well-studied and highly effective treatment for those who have experienced trauma or have been diagnosed with post traumatic stress disorder. In this week's episode, we will speak with Yunetta Smith, one of few African American EMDR certified therapist. Yunetta Smith is a thriving Therapreneur (Therapist + Entrepreneur) CEO and founder of Spring Forth Counseling and Ground Breakers Coaching and Consulting. Yunetta

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Featured Guest



Yunetta Smith

Yunetta Smith is a thriving Therapreneur (Therapist + Entrepreneur) CEO and founder of Spring Forth Counseling and Ground Breakers Coaching and Consulting. Yunetta is a Licensed Professional Clinical Counselor in the States of TN, KY, and ID, as well as a Nationally Certified Counselor, Clinical Trauma Professional, and EMDR Therapist/Approved Consultant. Yunetta specializes in helping black and brown folks navigate childhood trauma that manifests in adulthood, working exclusively with public figures, professionals, pastors, and practitioners. She works diligently to spread awareness through various media platforms including the weekly "Talk it out Tuesday" segment on the Rickey Smiley Morni

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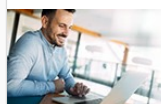
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