

# HEALING TRAUMA APP SERIES

**Overcoming Pain  
Based on EMDR**



Overcoming  
Pain



Anxiety  
Release

**Anxiety Release  
Based on EMDR**

**Calm and  
Confident  
Based on EMDR**



Calm and  
Confident



Sleep  
Restore

**Sleep Restore  
Based on EMDR**

- Addressing FOUR most common effects of PTSD; anxiety, insomnia, pain/MUS<sup>1</sup> and identity/self-esteem.
- Based on EMDR.
- Incorporating dual-focus/ BLS, self-hypnosis, somatic awareness, guided associations.
- Suitable for symptom-management or as an adjunct to EMDR therapy.
- Safe for independent use.<sup>2</sup>
- Evidence-based.
- Available in IOS and Android.
- Low cost (including free version of Sleep app).
- Over 100K downloads (collectively).
- Developed by clinical psychologist/ EMDR consultant Mark Grant MA.

1 Medically Unexplained Symptoms.

2 Sufferers of severe depression/DID should consult treating specialist prior to using these apps.

## References

Grant M (2014) The use of an app to manage carpal tunnel syndrome. *OA Behavioral Medicine*. 2014. Mar. 20;2(1):3.

Grant M, Lau R, DiNardo (2024) An RCT regarding the use of apps based on EMDR to manage PTSD. In submission. *The Journal of EMDR Research and Practice*.

Marotta-Walters, S. A., Jain, K., DiNardo, J., Kaur, P., & Kaligounder, S. (2018). A review of mobile applications for facilitating EMDR treatment of complex trauma and its comorbidities. *Journal of EMDR Practice and Research*, 12(1), 2–15. <https://doi.org/10.1891/1933-3196.12.1.2>

[www.traumaapps.com](http://www.traumaapps.com)