



**JONNA MOGAB**  
*Licensed Clinical Social Worker*



**Licensed Clinical Social Worker**  
 Illinois Department of Professional Regulation  
 License #149-006282

**EMDR Training**  
 The EMDR Institute

**Advanced Psychodynamic Clinical  
 Practice Certification Program**  
 The University of Chicago  
 School of Social Service Administration

**Master of Social Work**  
 Loyola University

**Bachelor of Arts  
 Business Administration**  
 Mundelein College  
 Honors: Summa cum laude

**Certified Alcohol and  
 Drug Abuse Counselor**  
 Illinois Alcohol & Other Drug Abuse Profes-  
 sional Certification, Inc. (1986 – 1996)

Ms. Mogab is a spiritually conscious therapist who offers unconditional acceptance, intuitive insight, direct feedback, and encouragement to those seeking to strengthen their sense of self and express their highest potential.

She is trained in the use of EMDR for treating trauma and painful, highly charged memories, experiences, and relationships. In practice for over 20 years, her clinical work is anchored in Self-Psychology, oriented toward strengthening and organizing the core 'self.' She also uses cognitive and behavioral interventions when appropriate to assist her clients to develop practical skills and move through challenging life transitions. Ms. Mogab is very familiar and works in collaboration with Twelve Step recovery programs.

Phone: 773-880-1327  
 E-mail: [jmogablcsw@sbcglobal.net](mailto:jmogablcsw@sbcglobal.net)

**E M D R**  
*Eye Movement  
 Desensitization  
 and  
 Reprocessing*



*The Eye of the I*

## What is EMDR ?

Eye Movement Desensitization and Reprocessing is a comprehensive psychotherapy that utilizes an integration of body-centered, psychodynamic, cognitive-behavioral, and interpersonal processes. Through the use of bilateral stimulation of the brain, EMDR moves beyond insight to actually dissolve and resolve the “old story” at a physiological level, making way for more adaptive beliefs about oneself and the world.

### ADAPTIVE INFORMATION PROCESSING

The Adaptive Information Processing System assimilates experiences (organized around the earliest associated event and containing linked thoughts, emotions, images, and body sensations) in the normal adaptive state. Traumatic or acutely painful experiences often overwhelm this system, blocking the brain’s ability to process, make meaning of, integrate, and resolve the experience.

The impact of impaired Adaptive Information Processing may include:

- ◆ Repetitive patterns of dysfunctional behaviors and relationships
- ◆ Distorted negative beliefs about one’s self and/or the world
- ◆ Irrational under or over emotional reactivity to current life situations
- ◆ Post Traumatic Stress Disorder and other psychiatric symptoms such as depression, anxiety, compulsivity and addiction.

## What does EMDR do?

Researchers hypothesize that EMDR accesses the same neurobiological processes that occur during Rapid Eye Movement Sleep. Trauma survivors display many of the same effects that are exhibited with sleep deprivation, including:

- ◆ Deterioration of mental capacity
- ◆ Impaired ability to think
- ◆ Difficulty handling stress
- ◆ Inability to maintain a healthy immune system
- ◆ Compromised decision-making ability
- ◆ Rigid patterns of thought
- ◆ Poor problem-solving ability

EMDR taps into and re-stimulates the Adaptive Information Processing system. The outcome of adaptive processing includes:

- ◆ Relief from emotional distress
- ◆ Alleviation of somatic problems
- ◆ Remission of psychiatric symptoms
- ◆ New learning and insight
- ◆ Creative problem-solving
- ◆ Adaptive response

Lakeview office located at:

1614 West Berteau  
Chicago, Illinois 60613

Call: 773-880-1327

Email: [jmogablcsw@sbcglobal.net](mailto:jmogablcsw@sbcglobal.net)

## How does EMDR work?

EMDR protocols combine bilateral stimulation of the brain (using bilateral eye movements, sensory taps, and/or audio tones) with focused strategies to access, process, and resolve memories stored in dysfunctional neural networks. The procedure significantly reduces emotional, mental, and physical disturbance, freeing the mind for integration, learning, and new insight about oneself and the environment.

### Does EMDR work?

More than two million people have been effectively treated by over 60,000 trained clinicians in over eighty countries. Many more studies support its use than most any other form of trauma therapy.

EMDR has been designated an effective treatment for post-traumatic stress by many international and governmental agencies including:

- ◆ The American Psychiatric Association
- ◆ The International Soc for Traumatic Stress
- ◆ The U.S. Department of Veterans Affairs
- ◆ The U.S. Department of Defense
- ◆ The United Kingdom Department of Health
- ◆ The Israeli Nat’l Council for Mental Health

To learn more about EMDR go to:

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

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