MYTHBUSTING EMDR

- JUSTIN HAVENS



Resource Guide



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About Justin Havens

I am an EMDR trained psychological therapist accredited by the British Association of Counselling and Psychotherapy (BACP). I currently work with trauma and PTSD in the NHS for the Gloucestershire 2gether Mental Health Trust and in private practice. In my previous life, I have been an Army Officer, Manufacturing Engineer, Production Manager and a Management Consultant.





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