

Why Choose The Insight Clinic

- Expert, Multidisciplinary Team
- High-Quality, Evidence-Based Services
- Seamless and Efficient Process
- Fast, Flexible, and Client-Centered
- Personalized, Integrated Care
- Supportive and Compassionate Environment
- Proven Track Record
- Innovation and Continuous Improvement



Visit our website for more information on our services!

Still have questions?

Ask your TIC therapist or book a FREE Initial Consult by scanning the QR code



Contact Us

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THE
insight
clinic

EYE MOVEMENT
DESENSITIZATION
AND REPROCESSING



Service Summary

Where healing meets growth — and every journey has support.

At The Insight Clinic, we believe every individual has a unique way of learning, coping, and thriving. Our services are designed to support mental health, learning, development, and wellness in a way that feels personal, compassionate, and effective.

Our approach combines evidence-based therapy, collaboration with families, and the thoughtful use of innovative technology—all with one purpose:

**Empower the mind. Strengthen the body.
Support the whole person.**

EMDR (EYE MOVEMENT DESENSITIZATION AND REPROCESSING)

EMDR is an evidence-informed therapy that helps clients work through distressing experiences, trauma, or challenging life events. Using guided eye movements and structured techniques, EMDR supports clients in understanding and processing difficult memories, managing emotional responses, and building coping skills. Research suggests EMDR can be helpful for post-traumatic stress, anxiety, phobias, and other trauma-related challenges, though each person's journey is unique.

Benefits of Participating in EMDR

- Helps clients process past trauma and distressing experiences.
- Can assist with managing symptoms of anxiety, depression, and PTSD.
- Encourages development of emotional regulation and coping strategies.
- Promotes clearer thinking and management of intrusive memories.
- Offers structured, evidence-based treatment with session-based progress tracking.



TIC Core Services Include:

- Psychotherapy and Counselling
- Assessments (Psychoeducational, Giftedness, ADHD, Autism, MVA, WSIB, Psychiatrist)
- EMDR
- Neurofeedback and Other Technology-Assisted Therapy
- ABA Therapy for Children and Teens
- Academic Tutoring and Learning Support
- Art, Music, and Workplace Wellness Programs

What To Expect

1. Book a free consultation.
2. Start Therapy: In the first one or two sessions, your therapist will assess your needs and create a personalized treatment plan.
3. Every six to eight sessions, your therapist reviews your progress and adjusts your plan as needed to support your goals.

For more information, visit our website @theinsightclinic.ca

