



Modern Mental Health, Unlocked

EMDR-friendly bilateral stimulation music and visuals available on YouTube and Spotify. These resources are excellent for grounding, relaxation, and supporting your healing journey between sessions.

YouTube: Bilateral Music with Relaxing Visuals

1. **Bilateral Stimulation Music | EMDR | Listen with headphones |**
[YouTube](#)
A soothing bilateral music track designed for EMDR therapy, best experienced with headphones.
2. **1 HR Bilateral Music Therapy - EMDR, Brainspotting**
[YouTube](#)
An hour-long session featuring bilateral music therapy suitable for EMDR and brainspotting practices.
3. **Bilateral Music & EMDR Visual**
[YouTube](#)
A playlist combining bilateral music with EMDR visuals to aid in deep relaxation and anxiety relief.
4. **Bilateral Stimulation Music & EMDR Visual Confidence**
[YouTube](#)
A video offering bilateral stimulation music paired with visuals aimed at boosting confidence and relaxation.
5. **Full Bilateral Music & EMDR Visual | Deep Relaxation**
[YouTube](#)
A comprehensive session of bilateral music and EMDR visuals designed for deep relaxation and stress relief.