



🎵 Spotify: EMDR & Bilateral Stimulation Playlists

Listen with headphones

1. **EMDR Bilateral Stimulation Music**

[Spotify](#)

An album featuring a collection of tracks specifically crafted for EMDR therapy and bilateral stimulation.

2. **EMDR Music Therapy - Bilateral Stimulation for Stress**

[Spotify](#)

A track designed to provide bilateral stimulation to alleviate stress and promote relaxation.

3. **EMDR Music Therapy: Bilateral Stimulation and Healing**

[Spotify](#)

An album offering a series of tracks aimed at facilitating healing through bilateral stimulation techniques.

4. **Bilateral Relaxation - song and lyrics by EMDR**

[Spotify](#)

A soothing track intended to aid in relaxation through bilateral stimulation methods.

5. **Bilateral Stimulation Music - song and lyrics by Experimental New**

[Spotify](#)

A track that combines experimental sounds with bilateral stimulation for mental health and wellbeing.

Tips for Use:

- **Headphones Recommended:** For optimal bilateral stimulation, use headphones to experience the left-right audio shifts effectively.
- **Safe Environment:** Choose a comfortable and safe space to listen, ensuring you can relax without interruptions.

- **Consult Your Therapist:** Discuss with your EMDR therapist before incorporating these resources into your routine to ensure they align with your treatment plan.

Would you like this list formatted into a downloadable PDF for your client resource tab?