



# Walker Therapy Services

## WHAT IS PARTS AND MEMORY THERAPY?

- Works with parts of your personality to neutralize emotions
- It can take weeks, months, years or one session
- Goes back to past trauma or memories and neutralizes the emotions associated with that memory or time
- Different from EMDR, which does not view the personality as parts of a whole
- Therapists typically do not attempt this at the first session
- Created by Jay Norix
- Can make memories/ trauma less hurtful