Are you experiencing distressing thoughts, memories and emotions due to stress, pressures, uncertainties, worries?

EAP PRESENTS: “FLASH”

Call for an appointment: (408) 241-7772

EAP is offering support utilizing an EMDR therapeutic tool called “Flash” in partnership with EMDR-trained Behavioral Health Specialist, Erin Romero, LCSW.

The Flash technique, a psychotherapeutic tool utilizing bilateral stimulation, enables a person to rapidly and (nearly) painlessly reduce the distress level of an upsetting memory.

Erin has successfully utilized the Flash technique and has found that many individuals experienced immediate relief following the processing.

Flash will be available online via ZOOM for group or individual session(s)
To schedule a Flash appointment for you or your team call EAP at (408) 241-7772

This technique may help you too.