Are you experiencing distressing thoughts, memories and emotions due to work-related trauma or COVID-19 stress?

EAP PRESENTS:

“FLASH GROUP”

EAP is offering support groups utilizing an EMDR therapeutic tool called “Flash” in partnership with EMDR-trained Behavioral Health Specialist, Cristina Collada, 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.

Cristina successfully utilized the Flash technique with survivors of the Garlic Gilroy Festival shooting all of whom reported experiencing immediate relief following the processing.

The “Flash Group” is offered in small one-hour, Online video group session through ZOOM.
Every TUESDAY and THURSDAY 12pm
Meeting ID: 980 0092 3122
Password: 097076

https://zoom.us/j/98000923122?pwd=OFVJQIBmekRWMVZwOVLv1Vm55RkVrdz09

https://www.sccgov.org/sites/eap

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