

# EMDR GROUP THERAPY

*A group for all MSD Teachers provided at no charge*

## FACILITATED BY:

The Southeast Florida Trauma Recovery  
Network (TRN)

## LOCATION AND DATE:

City of Parkland Library

6620 University Drive  
Parkland, FL 33067

**Saturday, April 21<sup>st</sup> @ 2-4pm**

*Eye Movement Desensitization and Reprocessing (EMDR) is a powerful, evidence-based therapy used to treat post-traumatic stress. It has been recognized as a Class A trauma treatment by a number of organizations including the World Health Organization and the Veterans Administration. We will be utilizing the EMDR Group Traumatic Episode Protocol (G-TEP) which is used in humanitarian efforts around the world and has been researched extensively with Syrian refugees. G-TEP incorporates a mindfulness and grounding exercise, acknowledgement of inner resources, a positive future orienting exercise, and the EMDR processing of several points of disturbances stemming from the traumatic event. This is done while protecting privacy—there is no requirement for sharing out loud of any disturbing material or facts. There are however opportunities for positive and personal resources to be shared in an encouraging and empowering format.*



STABILIZATION AFTER A TRAUMATIC EVENT IS A PROCESS AND ATTENDING THIS GROUP COULD HELP PROVIDE THE NEXT STEP TOWARD YOUR RECOVERY

**\*THIS GROUP IS LIMITED TO 12 PARTICIPANTS**  
*PLEASE CONTACT TO REGISTER*

Sarah Shrier, LMHC  
(561) 622-1771  
[sarah@shriercounseling.com](mailto:sarah@shriercounseling.com)

THE PLAN IS FOR THESE GROUPS TO CONTINUE PRO BONO ON A REGULAR BASIS AND BE AVAILABLE FOR ALL STUDENTS, FAMILY MEMBERS, AND FIRST RESPONDERS.

VISIT OUR WEBSITE FOR MORE INFORMATION ON EMDR, GROUP DATES AND TIMES, AND TRAUMA RESOURCES  
[southeastfloridatrnr.org](http://southeastfloridatrnr.org)