

EMDR GROUP THERAPY

A group for all therapists and other helpers working with MSD survivors, provided at no charge

FACILITATED BY:

The Southeast Florida Trauma Recovery Network (TRN)

LOCATION AND DATE:

Chabad of Coral Springs

3925 N University Drive
Pompano Beach, FL 33065

Sunday, June 10th @ 2:30-4:30pm

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.



**ARE YOU
EXPERIENCING
VICARIOUS TRAUMA
SYMPTOMS FROM
YOUR WORK WITH
PARKLAND
SHOOTING
SURVIVORS?**

**THIS GROUP MAY
HELP ELIMINATE THE
NEGATIVE EFFECTS
OF YOUR EXPOSURE
TO THE TRAUMA
EXPERIENCES OF
YOUR CLIENTS**

**PLEASE CONTACT
FOR MORE
INFORMATION OR
TO REGISTER**

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**VISIT OUR WEBSITE
FOR MORE
INFORMATION ON
EMDR, GROUP DATES
AND TIMES, AND
TRAUMA RESOURCES**
southeastfloridatrnrn.org