

TUESDAYS

5-7pm

EMDR Group Therapy (G-TEP)

Healing trauma



Learn and implement stabilization skills



Build resilience skills



Reduce emotional distress



Decrease issues that follow trauma

* You WILL NOT SHARE your trauma with group.

Processing is done individually.

FACILITATORS:
GIA HEPFLER PHD, LPC
LESLIE COLE MS, LPC

**CALL TO SCHEDULE. SEE BROCHURE FOR MORE
INFORMATION ON EMDR THERAPY.**

GROUP HELD THROUGH TELEHEALTH.

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