

For Healthcare workers



Healthcare Professionals Challenged by Conflict

Receive *FREE EMDR
Therapy*



Depression/anxiety

Have mild to moderate
depression and/or anxiety
about conflict stress or trauma



Willing to commit to:

- Initial assessment paperwork
- 6 group EMDR Sessions
(usually 60+ minutes each) on 3 dates.
- One group receives Skill Training too
- Follow-up assessments after the 6th
session and 1 month after completion
- Control group can take free Skills
Training on Nov.19



Research Study Needs 60 people - 7 or more hours of FREE EMDR/Bowen Therapy

Starting:

October 1, 8 and 15

(See Registration Form for exact times)

Open to:

Healthcare staff in San Diego Country

Register NOW: iBETherapy.com/research

INTERESTED?

FOR MORE INFORMATION CONTACT:

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