

MINDFUL VETERAN P R O J E C T



Join us for one of our interesting, *free* Wellness Wednesday sessions

EMDR

Eye Movement Desensitization & Reprocessing

Wednesday
January 11th, 2023

3:00pm - 4:00pm
(Pacific Daylight Time)

- please be on time -
no one admitted to workshop
after 3:04

An introduction to a simple
yet powerful tool
by an expert practitioner

[https://us02web.zoom.us/j/83573864944?
pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmRzb1QwUEdNQ1ZHQT09)

meeting ID = 835 7386 4944
passcode = 081709

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Brain showing
overactivity in red



Same brain after
EMDR treatment

EMDR Trauma Therapy

FEELING ANXIOUS?
TROUBLE SLEEPING?
SADNESS THAT WON'T GO AWAY?
FEELING STUCK?

All of us experience trauma sometime in our lives.
Any good event that is still upsetting or disturbing
to you is trauma. Trauma is often in the
eye of the beholder.

