FREE EMDR THERAPY

TRAUMA-BASED SERVICES FOR PEOPLE OF COLOR

Adults (18 and up) may receive up to 12-sessions with a therapist of color to help reduce or eliminate the symptoms of post-traumatic stress, disturbing memories, depression, anxiety, culturally-based issues such as microaggression, racism, or discrimination, etc.

WHEN
By appointment only on: Wednesdays - 5:00 pm – 8:00 pm
Monday-Friday – Limited Hours

WHERE
Jefferson School City Center
233 4th St NW, Charlottesville, VA 22903

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT CALL: 434-218-0440

WHAT IS EMDR?
Eye-Movement Desensitization and Reprocessing is an evidence-based, rapid treatment and psychotherapy approach that relieves many types of psychological distress

WHAT KINDS OF PROBLEMS CAN EMDR TREAT?
post-traumatic stress, panic attacks, complicated grief, phobias, performance anxiety, stress reduction, sexual and/or physical abuse, addictions, pain disorders, etc.

DOES IT REALLY WORK?
Approximately 20 controlled studies have shown EMDR to be an effective treatment, and EMDR is recognized by the American Psychiatric Association, the World Health Organization, US Department of Veteran Affairs, US Department of Health & Human Services, the Substance Abuse and Mental Health Services Administration (SAMHSA), etc.

Brought to you in partnership by:

CVCCN
Central Virginia Clinicians of Color Network

the women's initiative

TREATMENT FOR PEOPLE OF COLOR