



Anamosa Trauma Recovery Workshop

What: An EMDR workshop for individuals impacted by the recent trauma our community experienced.

When: April 14, 2 pm to 5 pm

April 17, 9 am to 12 pm

Where: Anamosa State Penitentiary

To register, please contact Molly Martin at mollymartin@mwrccounseling.com or call 319-250-1267.

Registration deadline: April 12, 2021

This free group is focused on providing early intervention to reduce symptoms of acute distress and to prevent the development of PTSD. EMDR is an evidence-based treatment for trauma that involves processing traumatic events without the need to share the details aloud, making it ideal for a group workshop. The shared experience will be processed in a group setting, and resources will be provided for individual support. The intent of this workshop is to provide skills and resources to help you process the event, and participants will not be expected to share details of how they were impacted individually.

You may benefit from participation in the group if you are experiencing intrusive images, flashbacks, or nightmares, difficulty falling or staying asleep, irritability or angry outbursts, hyper-vigilance, difficulty concentrating, exaggerated startle response, or if you avoid reminders that arouse distressing thoughts, memories, or feelings.

After the group meeting, referrals for ongoing EMDR therapy will be made available to you to support your continuing needs.

For more information on EMDR, please visit mwrccounseling.com/emdr.

