



18+

Californians least 18 years old
with a reliable computer/WIFI



Depression/anxiety

Have mild to moderate
depression and/or anxiety
and relationship challenges



Willing to commit to:

- January initial assessment
and preparation appointment
- 4 group EMDR Sessions
(90 min/each)
- A follow-up assessment
on the 4th session + 30 days
after completion



Research Study Needs 10 People - 7 hours FREE EMDR/Bowen Therapy

Starting:

Saturdays Mornings (10-11:30 or noon) in February - on Zoom

Open to:

Clients, students, interns, family, or friends wanting
personal growth and to contribute to research

INTERESTED?

FOR MORE INFORMATION CONTACT:

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