

Efficient and Effective Treatments for Trauma and Other Disorders

Tuesday, January 28th, 2019

7:30pm -9pm

St. Bonaventure University
Walsh Auditorium*

EMDR - Eye Movement Desensitization Reprocessing
PC - Progressive Counting

Did you know that research tells us that every mental health disorder is either caused by or made worse by trauma? Are you familiar with Eye Movement Desensitization and Reprocessing (EMDR) an evidenced based psychotherapy used for trauma and many other disorders? Have you heard about the cutting edge therapy called Progressive Counting (PC), a research supported therapy that works as effectively and efficiently as EMDR?

If you answered no to any of these questions you will not want to miss this information packed evening.

Who should attend ?

Students in master's level mental health program, and Social Workers, Psychologists, LMHC's other treatment providers and interested community members

**Guest Presenter: Kriss Jarecki ACSW, LCSW-R
And Mary Plonka LCSW, CASAC**

**Please email Mary Plonka to register-
miriamcenterforhope@gmail.com**

Please pass along to your colleagues!

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* Park in the lot nearest _____ and enter