

# TRAUMATIC STRESS BASICS

**Eye Movement Desensitization and Reprocessing (EMDR)  
Therapy**

**Wednesday October 18, 2017  
19:00 to 21:45 hours**

**Presented by...**

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York, PA 17402

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. EMDR was first introduced to treat veterans diagnosed with PTSD. EMDR has been extended to the civilian population to treat trauma and other concerns. To date, EMDR has helped many people of various ages relieve many types of psychological stress.

PA DOH, Bureau of EMS, class numbers (006531). *(BLS & ALS providers, 2.5 hours of Other ConEd credit)*

**The class will be held in the Training Center Classroom located at 50 N. Harrison Street (building to the rear of 54 N. Harrison Street, York PA 17403)**

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