

EMDR G-TAP TRAUMA PROCESSING GROUP

Thursdays 7-8:30pm



GROUP DESCRIPTION

When we go through trauma or repeated stress, our brains often develop beliefs, behaviors, and physical responses that become deeply ingrained—ways of trying to stay safe and avoid pain. If these painful experiences aren't fully processed, those patterns can become maladaptive, showing up in every part of our lives and feeling nearly impossible to change. EMDR helps your brain activate its natural healing ability by reprocessing difficult memories and building more adaptive responses in a safe, supportive space. The Group Traumatic Episode Protocol (G-TAP) is an EMDR technique that offers a structured path for healing, guided by trauma-informed clinicians and strengthened by the support of the group. Just as trees weather storms by drawing strength from their roots and support from nearby branches, this group will help you anchor yourself in the present, release distress from past experiences, and grow new neural pathways toward resilience and connection.

REQUIREMENTS

Clients must:

- Be in individual therapy
- Sign release for collaborative care
- Attend free 15-min screening with Lead Therapist
- Attend 60-minute intake with co-facilitator
- Attendance at all sessions
- Participate in creating safe space

WHAT TO EXPECT

- Tools to anchor yourself, regulate emotions, & build inner strength.
- A guided, step-by-step process using EMDR principles.
- A non-sharing format—you never need to speak about your trauma.
- A group container that fosters safety, connection, and growth.
- 4-sessions over 8 weeks
- Cost: \$600 including 4- group sessions and intake
- Option to continue in the next 4-week cycle for \$500

ROOTS & BRANCHES THERAPY

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