

FLASH TECHNIQUE GROUP

Do you wish you had less anxiety in your life?
Have you ever tried Flash Technique (FT)?

FT is an intervention that can be used on its own or in conjunction with EMDR, to reduce anxiety and distress associated with traumatic memories, images, and phobias.


More info about FT here: <https://flashtechnique.com/wp/>



Details

We are offering a low-cost series for 8-10 people who would like to reduce anxiety in their lives and try **Flash Technique** in a virtual group setting.

Cost: \$120 total

- ★ **Sessions:** 
- August 5
- August 12
- August 19
- August 26
- 5pm to 6pm PST.**

AUGUST 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31


- ★ Individual preparation session (30 mins) + pre-questionnaire
- ★ 4 group sessions by **Zoom** (Mondays in August, 60 minutes each)
- ★ Individual integrative session (30 mins) + post-questionnaire

Population: BIPOC, 18+ y.o.

About the Facilitator:

Diep Le, ASW, PPSC, is an experienced and published FT practitioner who is excited to share the benefits of this accessible and effective tool with the community.

Learn more: Wednesday, July 24, 5:00-6:00pm
(information session with Q&A) via Zoom
Sign up or questions:

 diep@presentmomentwellness.org

 presentmomentwellness.org/clinicians

