



EMDR-IBSR Hybrid Symptom Management Adjustment

Who is it for?

- Anyone who has been through an individual EMDR-IBSR Hybrid session

What is it?

- A complete EMDR-IBSR Hybrid practice done in a group format

Where is it done?

- On-site 20 Walnut Ave. Wheeling WV 26003
- Remotely via Skype, Facetime and Google Hangout

Why do I need it?

- You are getting negative repetitive cognitive “upsetting” thoughts
- You need a push to get practicing again
- You are going through a rough patch
- You want the negative emotions to stop

When is it?

- Sundays from 4:30-5:30pm EDT

How do I register?

- You can register for group via email at info@emdr-ibsr.com or by phone at 304-232-0230 at least 24 hours before group time.

How much does it cost?

- \$40/person



Bodymind Institute-IBSR
Somatic & Cognitive
Restructuring & Reprocessing