

Are you experiencing distressing thoughts, memories and emotions due to **stress, pressures, uncertainties, worries?**

EAP PRESENTS: **“FLASH”**

Call for an appointment: **(408) 241-7772**



EAP is offering support utilizing an EMDR therapeutic tool called “Flash” in partnership with EMDR-trained Behavioral Health Specialist, Erin Romero, LCSW.

*The Flash technique, a psychotherapeutic tool utilizing bilateral stimulation, enables a person to rapidly and (nearly) painlessly reduce the distress level of an upsetting memory.*

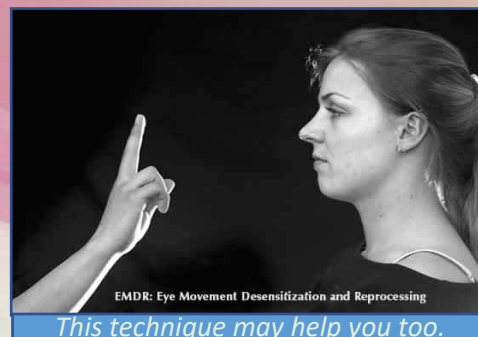
*Erin has successfully utilized the Flash technique and has found that many individuals experienced immediate relief following the processing.*

Flash will be available online  
via ZOOM for

group or individual session(s)

To schedule a Flash appointment for you  
or your team call EAP at

**(408) 241-7772**



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<https://www.sccgov.org/sites/eap>