

FOR IMMEDIATE RELEASE:

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**EMDR trauma resolution therapy in Lyons
for flood-impacted residents**

Two Boulder psychotherapists in private practice, Linda Weber, M.A. and April Pojman, M.A., will offer low cost EMDR trauma resolution therapy in Lyons to flood-impacted residents.

Trauma symptoms often show up long after a disaster and interfere with normal life functioning. Symptoms such as poor sleep, restlessness and anxiety, and fear of the rain and future flooding can be significantly reduced or eliminated through EMDR and counseling.

Eye Movement Desensitization and Reprocessing (EMDR) is a clinically proven method that helps the brain to re-file memories of distressing events. This type of therapy reduces the intensity of emotion and frequency of thoughts associated with difficult past experiences. It removes the psychological obstacles that stand in the way of moving forward.

"We are offering these services to fill the gap left by the closing of the Mental Health Partners flood help centers at the end of February," said Linda, who has been counseling in the Boulder area for forty years. "We've been deeply touched by the resiliency of all the people who've been affected by the flood and we want to continue to support their recovery," added April.

Reduced fee services may be worked out on an individual basis. Some clients may be eligible for the United Way voucher program to cover the cost of therapy. Services are by appointment at Lyons Yoga and Wellness, 310 Main Street, or in Boulder. Call for a free 30 minute phone consultation to find out more about these services. Counseling available in English and Spanish.

For more information, contact:

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