

EMDR Treatment

We specialize in Eye Movement Desensitization and Reprocessing (EMDR).

Emphasis on disturbing memories as the result of trauma and through treatment alleviates the symptoms of post-traumatic stress disorder (PTSD).

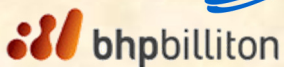
EMDR is used for individuals who have experienced severe trauma which remains unresolved.

Survivors of trauma can experience a wide variety of normal reactions to a traumatic event.

These reactions can include:

- ◆ Self-blame
- ◆ Sleeplessness
- ◆ Changes in appetite
- ◆ Anger
- ◆ Hopelessness
- ◆ Becoming Easily Startled
- ◆ Fear or Being Afraid
- ◆ Feelings of Worthlessness
- ◆ Nightmares
- ◆ Crying

Desert View is PROUD to Partner with:



Hotline Numbers & Resources

All Emergencies	911
Dispatch.....	334-6622
Desert View Farmington.....	326-7878
Desert View Aztec.....	333-7711
Sexual Assault Services of NWNM	325-2805
Sexual Assault Hotline.....	1-866-908-4700
Forensic Interview/ Safehouse.....	325-5358
SJRMC Behavioral Health Services ...	609-6680
Farmington Police Advocate.....	327-7701
Bloomfield Police Advocate.....	632-6311
Sheriff's Department Information on Sex Offender Registry/Website.....	334-6107

FAMILY SERVICES

CYFD Local Protective Services.....	327-5316
District Attorney's Office	599-9810
DNA Legal Services	325-8886
Cottonwood Clinical Services	564-3733
Adolescent Treatment Center	324-5855
Juvenile Assessment Center	324-5822
Juvenile Detention/ Shelter	324-5840
Navajo Ministries	325-0255
Family Crisis Center.....	325-3549
Presbyterian Medical Services	325-0238
Animas Pregnancy Center.....	327-4747
Big Brothers Big Sisters	326-1508
Echo Food Bank	325-8222
American Red Cross.....	325-9605
P.A.T.H.....	325-9600
United Way Help Line.....	211
National Suicide Hotline.....	1-800-273-8255

Desert View

WHERE FAMILIES COME FIRST

FAMILY COUNSELING SERVICES



Providing Crisis Support,
Prevention and
Recovery Services

"Our family serving your family!"

6100 E. Main St
Farmington NM 87401

Phone: 505-326-7878
Fax 505-326-7879

Visit our website
mydesertview.org

"....Helping stop the cycle of abuse in our
community!"



Adolescent, Adult & Family Services

Individual and Family Counseling

Our professional licensed therapists, serve children and adolescents (between the ages of 4 and 18) and all adults. We specialize in adult trauma services, marriage counseling and EMDR Therapy.

Play Therapy

Therapists work with young children's social and emotional development as well as resolving early trauma including physical or sexual abuse and any unresolved trauma.

Sexually Reactive Youth

We provide early intervention with youth who display disruptive and aggressive sexualized behaviors toward self and other adolescents.

Outpatient Drug & Alcohol Services

Our therapists & counselors aid families, who are struggling with substance abuse in both individual and group settings. The primary goal is prevention and intervention services.

Parenting Classes

We provide a loving curriculum that allows each parent to learn parenting techniques that are more comfortable and effective for the child and parent. We learn from the evidence based curriculum "Love & Logic" and from each other. Classes offered monthly, both volunteer and court ordered.

LGBTQ Community

We have experienced counselors to help you navigate to recovery and wellness regardless of sexual identity or gender expression.

Desert View Cares! We Can Help!

Adult Groups:

Life Skills, Anger Management & Substance Abuse Groups. We offer three different 12 week adult groups for court ordered individuals, Sliding fee scale available.

Adolescent Groups:

Life Skills, Violence Intervention & Substance Abuse Group. We offer three different adolescent groups volunteer or court ordered.

Teen & Truancy Court

Teen Court is a first time offender's program that assigns constructive consequences from a jury of their peers (other adolescents) that is designed to help the adolescent defendant learn from their mistakes and be held accountable without having to go before a formal court of law.

Outreach

Desert View determines the underserved populations in San Juan County and develops strategies to reach these populations; examples of underserved populations may include adolescents; people of color; LGBT community; people with disabilities, and others.

UA's: Urine analysis with immediate results.

On-Site, dip-type drug tests – Test checks for Marijuana, Meth, Cocaine, Opiates, and PCP.

Cost: We accept Medicaid and most private insurances. If a family does not have either, we have financial assistance that may cover your services; we also use a sliding fee scale.

Survivor Centered Trauma Services

"We can help with any unresolved trauma..."

Sexual assault is *any* unwanted sexual activity that you don't agree to in situations when you are:

- ◆ coerced
- ◆ threatened or forced
- ◆ unconscious
- ◆ intoxicated
- ◆ unable to consent in any circumstance for any reason

Sexual assault is a crime of violence, power and control.

At Desert View, we offer survivor centered trauma services including therapeutic counseling. Without proper care, traumatic events can lead to an increased likelihood of developing substance abuse, addiction, anxiety and depression that may interfere with daily levels of functioning. **We treat various types of trauma including Veterans.**

Call for a free intake. Funding is available for survivors of trauma.

Also check our website calendar for upcoming events!

www.mydesertview.org

Or visit us on facebook!

