

EMPOWERMENT THROUGH EMDR

WOMEN'S GROUP

A group for women who want to **feel more confident, practice powerful tools** for reducing anxiety & trauma, & **create healthier relationships** (with yourself & others)



Facilitated by:
**Sara
Rader,**
LPC/MHSP



Virtual:
Tues. 12:00 pm



In-person:
Tues. 5:30 pm
Goodlettsville, TN

What it is:

A skills-based therapy group - designed to give you practical tools for managing anxiety & trauma symptoms

Who it's for:

Adult women ready to take active steps to feel more confident & reduce doubt/shame

What to expect:

Learn effective EMDR tools:

- Calm your nervous system
- Tap into helpful, positive beliefs about yourself
- Understand trauma & address root causes

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