

ADULT TRAUMA CLINIC

THE PURPOSE OF THIS TRAUMA CLINIC PROGRAM AT THRIVE IS TO WORK ON REDUCING THE VIVIDNESS OF TRAUMA AND THE IMPACT TRAUMA HAS ON SOMEONE'S EVERYDAY LIFE. THIS INVOLVES A 12-15 WEEK COMMITMENT TO ATTEND ALL SERVICES LISTED BELOW:

What is involved:

- Weekly individual Brainspotting or EMDR Therapy
- Weekly Monday Gestalt Group 3-5PM
- Weekly Wednesday EMDR Group 5-6:30PM
- Weekly Friday Skills-Based Group 3-4:30PM

Who is covered:

Most insurance is accepted, including Medicaid and Medicare, please call to determine coverage and copay.



Next steps:

Please reach out to Angie Pill, LCSW to learn more, ask questions, and participate in a pre-screening. She can be reached at **708-383-7500 x310** and **APill@thrivecc.org**