I have joined a network of EMDR trauma therapists who are available to help the many healthcare workers and first responders who have been directly involved in managing the corona virus pandemic. I am reducing my fee to a maximum of 50% of my standard fee for up to six sessions in order to help service providers manage the multiple stressors they have been confronted with, recover their emotional balance, and take care of themselves and their loved one. If you are a helper who is struggling with the heavy load, I encourage you to get some help now with me or with someone else in the Network so that you can better help yourself and the others who depend on you. As we have learned in our work over the past few decades with people living through natural and man-made disasters, it is critically important to seek help early rather than later when exposed to high levels of stress. Deferring timely help often leads to persistent stress response states which can become disabling. So, please reach out now.

In addition to providers, we are available to be of help on a short-term basis to individual survivors grieving the loss of an immediate family member to the virus. The shock and trauma of such a loss can be overwhelming. Please reach out and process your experience with one of the experienced trauma therapists in the Network.

Please download, complete and return the general Registration Forms paperwork. In addition, please also complete and return the COVID-19 Registration Form for reduced fee services.

Thank you for everything you have done to be of help to others. I look forward to serving you.