



Resiliency Building for Clinicians

Invest in Your Self-Care
with Group EMDR

- Process a sticky client story or personal experience without talking out loud
- Improve your mental and emotional capacity
- Reduce vicarious trauma and burnout
- Attend with a sense of safety and privacy in clinician-only space
- Enjoy the experience of EMDR as a participant
- Learn grounding techniques to take home with you

*For licensed and pre-licensed
mental health clinicians only*

*Holding space and
creating community
for those that hold
space for others.*

Several light blue leaf illustrations of various shapes and sizes are scattered around the text on the right side of the page.

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2024 Dates:

January 20, Saturday, 10am-12pm online

April 12, Friday 9am-12pm in-person

July 20, Saturday, 10am-12pm online

September 13, Friday, 9am-12pm, in-person

Each date is a stand-alone event and participants will benefit from attending any number of processing sessions. Three-hour sessions include bonus grounding and resourcing techniques. In-person location: First Presbyterian, downtown.

Cost: \$25/hour

Registration links:

Two-hour groups: <https://evolvedemdr.as.me/ResiliencyBuilding2hour>

Three-hour groups: <https://evolvedemdr.as.me/ResiliencyBuilding3hour>

Payment made at the time of registration.

Bonnie Barclay, MSSW, LCSW is a licensed clinical social worker and EMDRIA Approved Consultant. She owns a group practice in Knoxville, TN, as well as Evolved EMDR, the consultation side to her business. She co-coordinates the East TN chapter of the Trauma Recovery Network through the EMDR Humanitarian Assistance Programs (HAP), recently responding to the Covenant School shooting in Nashville, TN. She is a trauma specialist utilizing EMDR as her primary treatment approach. Her clinical interests and expertise include anxiety and panic disorders, phobias and fears, stress management, grief, PTSD, recent/single incident trauma, medical and birth related trauma, as well as developmental and relationship trauma.

Amye R. Cole, LMFT, MA, MBA is a licensed marriage and family therapist in four states, an NBCC International Mental Health Facilitator, and a certified EMDR therapist. She specializes in treating ongoing distress and recent traumatic events for individuals, families, and groups using EMDR. Amye owns and operates Three Leaf Connections and has worked in nonprofits, community agencies, K-12 schools, college/universities, and a non-governmental organization at the United Nations. She has volunteered at Ground Zero after 9/11, traveled with a maternal health nonprofit to rural Nepal, led a mental health education course with survivors of the genocide in Rwanda, actively volunteers with the Trauma Recovery Network to respond to regional mass shootings, and leads mental health education and resourcing workshops.