



CAPE & ISLANDS
COGNITIVE BEHAVIORAL INSTITUTE



Trauma Therapy

+ Benefits

- Reduce Anxiety
- Reduce Negative Thinking
- Improve Confidence and Self-Esteem
- Increase Healthy Coping Skills

WHAT IS TRAUMA? Trauma is your response to an event that psychologically overwhelms you and can lead to lasting negative consequences to your mental, physical and emotional health. Traumatic experiences often involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and isolated can result in trauma, even if it doesn't involve physical harm.

- One-time events, such as an accident, injury, or a violent attack, especially if it was unexpected or happened in childhood.
- Ongoing, relentless stress, unstable living conditions, battling a life-threatening illness or events that occur repeatedly, such as bullying, domestic violence, or childhood neglect.
- Commonly overlooked causes, such as surgery (especially in the first 3 years of life), the sudden death of someone close, the breakup of a significant relationship, religious or spiritual abuse, witnessing domestic abuse.



Anne McGuire, MS

is trained in Eye Movement Desensitization and Reprocessing (EMDR), a technique which helps the brain heal from trauma and other distressing life events. EMDR has also been shown to be a successful treatment for anxiety, depression, chronic pain, addictions, and early childhood experiences.

Call **(508) 457-3160** today for an appointment. Our staff is eager to meet you and set up a plan that works for you.



SOME REASONS TO SEEK PROFESSIONAL THERAPY FOR TRAUMA

- Having trouble functioning at home or work
- Suffering from severe fear, anxiety, or depression
- Unable to form close, satisfying relationships
- Experiencing terrifying memories, nightmares, or flashbacks
- Avoiding more and more anything that reminds you of the trauma

LENGTH OF THERAPY WILL BE DETERMINED BY SPECIFIC NEEDS AND GOALS.

The Cape & Islands Cognitive Behavioral Institute offers evidenced based treatment for children, teens, and adults struggling with various mental health issues including Obsessive Compulsive Disorder, anxiety related disorders, Body Dysmorphic Disorder, body focused repetitive behaviors, tic disorders, eating disorders, mood disorders, behavioral issues associated with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, and trauma related issues. We offer individual and group therapy as well as family and couples counseling.

With compassion, knowledge, and hope, we endeavor to provide our clients with the highest level of care helping them to enjoy an optimal quality of life.

 **capecbi.com**
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