

Elysium Centre

HOLISTIC HEALING & CONSCIOUS LIVING

presents

HEALING OUR HEROES

Complimentary EMDR, Neurofeedback, and Group Therapy for First Responders

First responders are the backbone of our community, stepping in during moments of chaos and danger to protect and serve others. However, the emotional toll of responding to events like the recent Southern California wildfires can be overwhelming. At Elysium Centre, we're here to help. Dr. Thuy is offering complimentary therapy sessions specifically designed for first responders. Using advanced techniques like EMDR (Eye Movement Desensitization and Reprocessing), Neurofeedback therapies, and Group Therapy, we provide a safe and supportive environment to help you regain strength, resilience, and peace of mind.

WHY YOU MATTER!

Responding to emergencies can leave lasting effects, both emotionally and mentally. Many first responders experience:

- PTSD and intrusive memories
- Chronic stress and anxiety
- Emotional exhaustion and burnout
- Difficulty sleeping or relaxing
- Trouble focusing or decision-making
- Feelings of isolation, frustration, or sadness

You've given so much to others—now it's time we take care of you.



WHAT WE OFFER

EMDR Therapy

A powerful, research-backed therapy designed to help individuals process and resolve trauma. Guided eye movements in a supportive environment enable the brain to heal naturally.

- Reduces emotional distress from traumatic experiences
- Relieves symptoms of PTSD, anxiety, and depression
- Restores emotional and mental balance

Neurofeedback Therapy

A cutting-edge approach combining pulsed electromagnetic field (pEMF) therapy with EEG brainwave training to promote recovery and well-being.

- pEMF Therapy: Restores brain activity, reduces stress, and enhances overall health
- EEG Neurofeedback: Improves focus, emotional regulation, sleep, and long-term resilience

Group Therapy

Connecting with others who share similar experiences can be incredibly healing. Our facilitated group therapy sessions provide a space for first responders to share, process, and support one another.

- Build a sense of community and understanding
- Share challenges and successes in a safe environment
- Gain tools for long-term emotional wellness

SESSION INFORMATION

📅 **When: Weekly Complimentary Sessions (Contact Us for Details)**

📍 **Where: Elysium Centre | West Los Angeles, Stoner Park**

✉ **Email: ElysiumCentreCares@gmail.com**

☎ **Phone: (310) 478-5433**

Your well-being matters to us. Take the first step toward healing today. Together, we'll help you recover, rebuild, and thrive.