



ADHD Tustin Adult Meeting

Wednesday, February 19, 2020
7:00 – 9:00pm

“EMDR Therapy And ADHD”

Presented by: Dr. Amy Hopkins, Licensed Psychologist

Eye Movement and Desensitization Reprocessing (EMDR) therapy is a technique that has been proven to reduce symptoms related to emotional distress. Dr. Amy Hopkins will provide a general overview about EMDR therapy, she will give examples of how EMDR can be beneficial in the treatment of ADHD and she will provide a demonstration of an EMDR session.

The second half of the meeting (1 hour) will be for general ADHD discussions among members and members introducing themselves to other members attending. What's your challenges? Are you looking for resources and/or professional referrals from other members? Success stories, mentoring, accountability buddies?

Dr. Amy Hopkins is a Licensed Psychologist with a doctorate in Psychology. She works with adults and teens and has a private practice in Newport Beach. Dr. Hopkins has certificates in EMDR, Alcoholism and Chemical Dependency, and Complementary and Alternative Medicine. Dr. Hopkins has facilitated groups and workshops on parenting, anger/anxiety, trauma, addiction, intimate partner violence, healthy relationships, and job placement skills.

LOCATION:

**H4K Coaching, Training & Therapy Center
145 W. Main Street (upstairs)
Tustin, CA 92780**

Meetings are **FREE** and open to the public.
You do not have to be a CHADD member to attend.

For map & directions, visit: www.greaterOCchadd.org

For more information email: ADHDmeeting@gmail.com

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization for individuals with ADHD, their families and professionals. Over 150 local chapters across the U.S. offer support for individuals, parents, teachers, and professionals. FREE monthly support group meetings provide a forum for continuing education for parents and professionals interested in learning more about ADHD in children and adults. For more information about, visit chadd.org

CHADD does NOT endorse any one treatment, medication, provider, publication, service or product.