

Services Offered

Intake: \$20

Individual Sessions: \$30-150

Group Sessions: \$80 - 150

(Fee based on income)

Emotion Efficacy Therapy Groups

Managing intense emotions

Individual sessions

Acceptance and Commitment Therapy

Cognitive Behavior Therapy

Prolonged Exposure

Written Exposure Therapy

EMDR

Accelerated Resolution Therapy

Post Trauma Growth Groups

Final stage of recovery

Our Mission



At the **Bay Area Trauma Recovery Clinic** we strive to provide low-fee, evidence-based therapy to those with simple and complex PTSD from any source.

(childhood abuse, domestic violence, sexual assault, crime, military related trauma, racial trauma, gender-based trauma, accidents, disasters, health related trauma, etc.)

Bay Area Trauma Recovery Clinic

3220 A Sacramento Street

Berkeley, CA 94702

(510) 660-1493

www.traumarecoveryclinic.org

Bay Area Trauma Recovery Clinical Services



Your Path to Recovery

Offering Low-Fee, Evidence-based Trauma Therapy

Training Program

Receive weekly didactic training on:

- ACT
- CBT
- EMDR
- Prolonged Exposure
- Written Exposure
- Accelerated Resolution Therapy
- CFT
- Mindfulness
- Post-Traumatic Growth
- Intersections of identities and trauma

Contact Info:

Please leave us a message on our intake voicemail system:

(510) 660-1493

Please note that intake sessions are by appointment only.

No walk-in services available



Our Clinicians

We accept applications from students in their 3rd year or higher from the Wright Institute, Alliant, PGSP-Stanford, and USF

Matthew McKay, PhD

Co-director

Director of the Berkeley CBT Clinic & professor at the Wright Institute in Berkeley, Dr. McKay specializes in the cognitive behavioral treatment of PTSD, anxiety and depression. He has co-authored numerous books on overcoming emotional problems, including Thoughts and Feelings and Emotion Efficacy Therapy.

Robyn Walser, PhD

Co-director

Dr. Walser, a long-time psychologist at the VA, is an expert in Acceptance and Commitment Therapy (ACT) and the treatment of trauma. She has co-authored many books on ACT including Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems.

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