

## Training

**Intake: \$20**

**Individual Sessions: \$30-100**

**Group Sessions: \$15-70**

(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

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, accidents, disasters, health related trauma, etc.)

### Bay Area Trauma Recovery Clinic

3220 A Sacramento Street

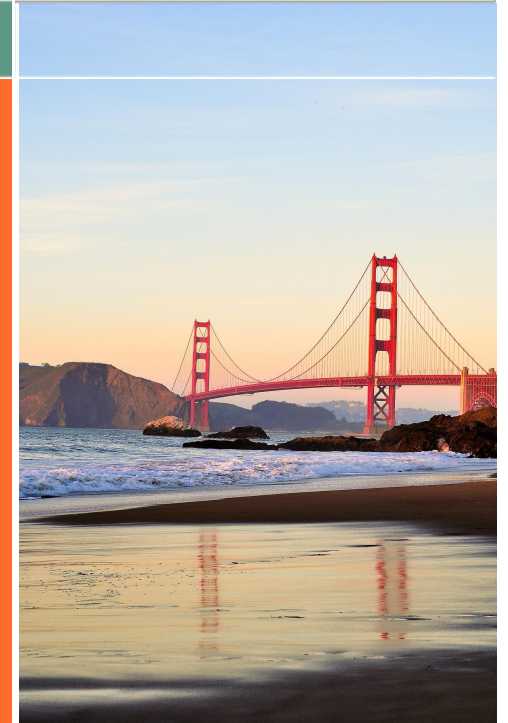
Berkeley, CA 94702

(510) 660-1493

[www.traumarecoveryclinic.org](http://www.traumarecoveryclinic.org)

### Your Path to Recovery

Offering Low-Fee, Evidence-based Trauma Therapy





# Bay Area Trauma Recovery Clinic

## **To make an appointment:**

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*

### **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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