

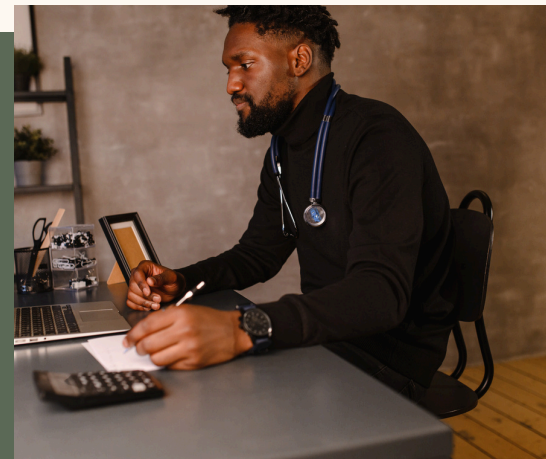
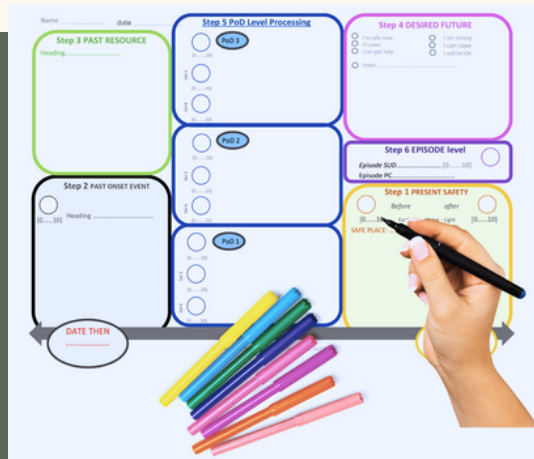
# Free!

# EMDR G-TEP

## Crisis Intervention Group Therapy

### Support for Hillsboro School District Staff

### Impacted by Community Crises



## WHAT IS G-TEP?

G-TEP (Group Traumatic Episode Protocol) is a brief, evidence-based group intervention based on EMDR therapy. It is designed to help individuals process distress related to a stressful or traumatic events, such as community-wide crises or ongoing threat, without detailed recounting of traumatic events. The focus is on internal processing and stabilization in a group setting. G-TEP is effective even when stressors are ongoing, not just past events, and for different traumas among the participants. Research shows G-TEP can reduce psychological trauma symptoms by 70% and increase quality of life in just 2-6 sessions.

## BENEFITS OF G-TEP

Participants in G-TEP often experience:

- **Reduced trauma reactions:** Helps lessen symptoms such as anxiety, hypervigilance, and distress.
- **Enhanced resilience and stabilization:** Teaches grounding skills to manage stress in real time.
- **Empowerment and self-management:** Participants learn techniques they can use beyond the group.
- **Efficient and accessible:** Designed for groups so more people can receive help at once.
- **Safe and contained:** Focuses on positive experiences and internal resources — not reliving trauma details.

## JOIN US & BUILD YOUR RESILIENCE

For school staff impacted by current community stressors, this group offers a structured, supportive, and private space to regain equilibrium and enhance well-being.


### Telehealth - new sessions added

- Wed, Feb. 11<sup>th</sup>: 7 - 8:30 pm
- Wed, Feb. 18<sup>th</sup>: 7 - 8:30 pm
- Wed, Feb. 25<sup>th</sup>: 7 - 8:30 pm
- Wed, Mar. 4<sup>th</sup>: 7 - 8:30 pm
- Wed, Mar. 18<sup>th</sup>: 7 - 8:30 pm



 [sagecounselingcollective.com](https://www.sagecounselingcollective.com)

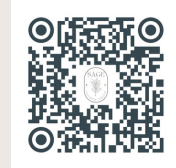
*In network with: Canopy EAP, Aetna, Providence, Regence/BCBS, UHC/Optum, OHP Open Card & Trillium, (Moda in-process)*

 6950 SW Hampton St.  
Suite 310  
Tigard, OR 97223



## WHAT TO EXPECT IN A SESSION

Each G-TEP session (90 min.) is guided by Sage Counseling Collective's Clinical Director (DeLyn Griffin, LMFT, EMDRIA Certified Therapist and CIT) and additional emotional support clinicians from Sage.



DELYN'S BIO

- **Grounding & Support:** Learn stabilization techniques to help regulate your nervous system before processing begins.
- **Worksheet-Guided Processing:** You'll work through a structured G-TEP worksheet that helps you visually map your experience, focus on distress points, and use bilateral stimulation — without speaking about traumatic details aloud.
- **Strengthening Resources:** Sessions include exercises to reinforce positive memories and internal resources to support long-term coping.
- **Gentle Support and Safety:** Therapists monitor readiness throughout and will make alternate suggestions as needed (continue group, complete group when showing decreased distress and increased resilience, or refer to individual therapy)

You will be supported throughout — no pressure to talk about personal experiences, and space is held for safety and privacy.

## ARE YOU READY FOR G-TEP? (READINESS CHECKLIST)

G-TEP works best when participants:

- Feel emotionally impacted by recent or ongoing events
- Experience worry, tension, sleep disruption, or difficulty concentrating
- Can regulate emotions at least moderately well and remain within their “window of tolerance” for distress
- Want tools to manage stress, reactions, and triggers rather than deep trauma narration

Before joining, participants complete a brief intake and readiness assessment to ensure a safe and effective group experience. If additional support skills are needed, referrals to individual therapy will be provided (using volunteer therapists, EAP benefits, or insurance)



## REGISTER NOW

Follow this QR code to register online or

Call our office at **(971) 200-5030**

- **Select 1 or 2 sessions times that work best for you**