

# Growth Through Empowerment and Peace (GTEP) Program

Through the (GTEP) Growth Through Empowerment and Peace Program we aim to provide immediate intervention to both Youth and Adults by decreasing distress as a result of a recent or past stressful event. Our goal is to strengthen resiliency and hope with in each person.

## Our Method

Using an evidenced based practice called EMDR or Eye Movement Desensitization and Reprocessing, this GTEP Program uses a compassionate technique to work through the impact that difficult events can sometimes have on our minds and body.

## Adult Group

Ages 18+

## Youth Group

Ages 5 - 17


**GROUPS WILL MEET IN OUR  
FAIR LAWN LOCATION.**

## What to Expect

- Participants are taught grounding techniques and stress reduction skills
- Participants will reduce internal discomfort related to the difficult event
- This intervention does not replace or conflict with current treatment
- Spanish speaking clinicians available as needed
- Most insurance plans accepted

**For more information, please contact:**

**Celine Bennion, MA, LAC**

 201-265-8200 ext. 5612

 CelineB@CarePlusNJ.org