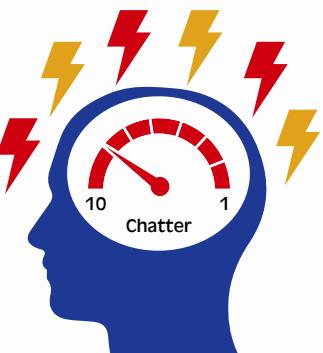


THERAPY: WHAT TO EXPECT

Therapy is an intensely personal process that everyone experiences differently. For some, it can bring distressing memories or emotions to the surface that take time to work through. It is not uncommon to take a few steps backward before moving forward. However, On the Job and Off's First Responder Assistance Program (FRAP) was designed specifically to help first responders impacted by a traumatic incident return to work quickly and effectively.

All FRAP therapists have been trained and vetted by first responders to work with this unique population. When working with a therapist at Grief Relief, LLC, sessions will last approximately 60 minutes. If engaging in EMDR therapy, the first 3–4 sessions will be scheduled relatively close together so that your therapist can tailor the experience specifically to you as a first responder.

TRAUMA & PROCESSING



Unprocessed trauma

Unprocessed trauma will cause loud brain chatter making it difficult to focus because you continuously relive the past event in the present.



Processed trauma

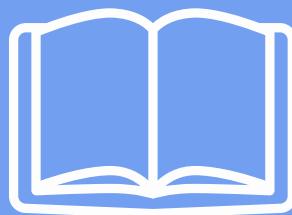
Once the event is processed through trauma-informed care, the volume on brain chatter is reduced to a manageable level.

EMDR TREATMENT PHASES

FRAP utilizes EMDR therapy (Eye Movement Desensitization and Reprocessing), an extensively researched psychotherapy method proven to help people recover from trauma and other distressing life experiences including PTSD, anxiety, depression, and panic disorders.

We have tailored this practice specifically to first responders to help them efficiently process traumatic events.

To learn more, visit EMDRIA.org.



- Review trauma history
- Identify distressing event(s)

1. HISTORY



- Bilateral Stimulation (BLS)
- Decrease distressing emotions
- Strengthen positive beliefs

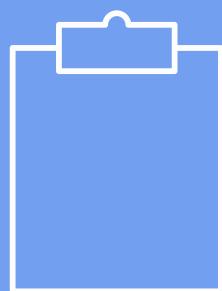
4. DESENSITIZATION

2. PREP WORK

- Create calm place
- Develop treatment plan
- Identify traumatic event for processing



- Identify distressing memories, images, and emotions related to traumatic events
- Identify negative beliefs
- Create a positive belief statement



3. ASSESSMENT

AFTER TREATMENT

RETURNING TO WORK



First responder meets with therapist weekly to ensure smooth reintegration and stability

Therapist does ride along (optional)

Therapist provides work accommodation letters (optional)

ONGOING TREATMENT



Have check-ins with therapist as needed

OR



Continue working with therapist regularly by switching over to insurance

JOIN FRAP TODAY

To schedule a session with a therapist, please call the 24/7 hotline.



1-855-970-3727

To join On the Job and Off's First Responder Assistance Program or to learn more, fill out the form at the bottom of this page.



onthejobandoff.com/frap