Bloomington Counseling Program Trains Staff on Innovative Therapeutic Approach

Travis* is an older man who came to Catholic Charities for counseling because of low self-esteem and depression. His long-term relationship ended 10 years ago, and he found himself feeling lonely and looking back on his life with regrets. He found it difficult to push himself to try new things and meet new people. Travis learned the initial stages of EMDR (Eye Movement Desensitization Reprocessing) therapy by visualizing a calm place in his mind and using deep breathing and tapping to reinforce positive feelings. After a few weeks, he and his therapist moved into the final stage of EMDR therapy, which resulted in Travis reporting that he was now seeking out old friends, trying a new activity, and not obsessing about sad feelings.

*name changed to provide privacy

Catholic Charities is pleased to provide EMDR therapy, which allows participants to process through a past traumatic event in less time and more effectively than traditional therapies. Because participants tend to need fewer therapy sessions, therapists can work with more clients each year. More information on EMDR can be found by visiting www.cccbin.org and clicking on "What we do."

For a complete listing of our staff and council, click here.

Grants Awarded

Emergency Solutions Federal Grant (ESG) - $48,890 was awarded from HUD to our shelter program to prevent women and children from becoming homeless and to provide essential services to shelter residents. For more information on how HUD provides help to the homeless, click here.

Sophia Travis Community Grant - $1,300 to our counseling program for psychological testing expansion and screening supplies.
Annual Report

Click here to read our latest annual report

Save the Date

Becky's Place Annual Christmas Open House

Date: Tuesday, December 4th
Time: 6:00p.m. - 8:00p.m.
Location: Becky's Place Shelter for Women and Children
Details: Shelter Tours with former residents, Christmas Cookies, Holiday Decorations

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