



Do Nightmares Terrorize You In Your Sleep?

Imagery Rehearsal Therapy is the only treatment for Nightmare Disorder approved by the American Academy of Sleep Medicine. In just four sessions you can learn how to resolve your nightmares.

What You Need To Know

- Effective whether or not trauma or PTSD is involved.
- This therapy to treat nightmares has been shown to also lead to decreased symptoms of depression, anxiety, PTSD, and insomnia.
- This therapy does NOT involve talking about traumatic details of dreams or of past trauma.
- Effective: with 2-4 weeks of practice of the skills learned in the group, there is a 90% or greater success rate.

Groups Forming Now

Teens

Group sessions from 3:00 – 5:00 p.m. on Saturday June 23 and 30 and July 7 and 14 at the Belton, MO office. \$35 per session.

A brief intake interview is required before your spot can be reserved. Spots will be filled on a first-come, first-served basis.

Adults

Group sessions from 6:30 – 8:30 p.m. on Tuesday June 19 and 26 and July 10 and 17 at the Belton, MO office. \$35 per session.

A brief intake interview is required before your spot can be reserved. Spots will be filled on a first-come, first-served basis.

For more information visit www.vitaliscounseling.com/nightmares.

For questions or to get registered, call Alicia at (816) 226-4678.

Vitalis Counseling
136 Cherry Hill Dr.
Belton, MO 64012