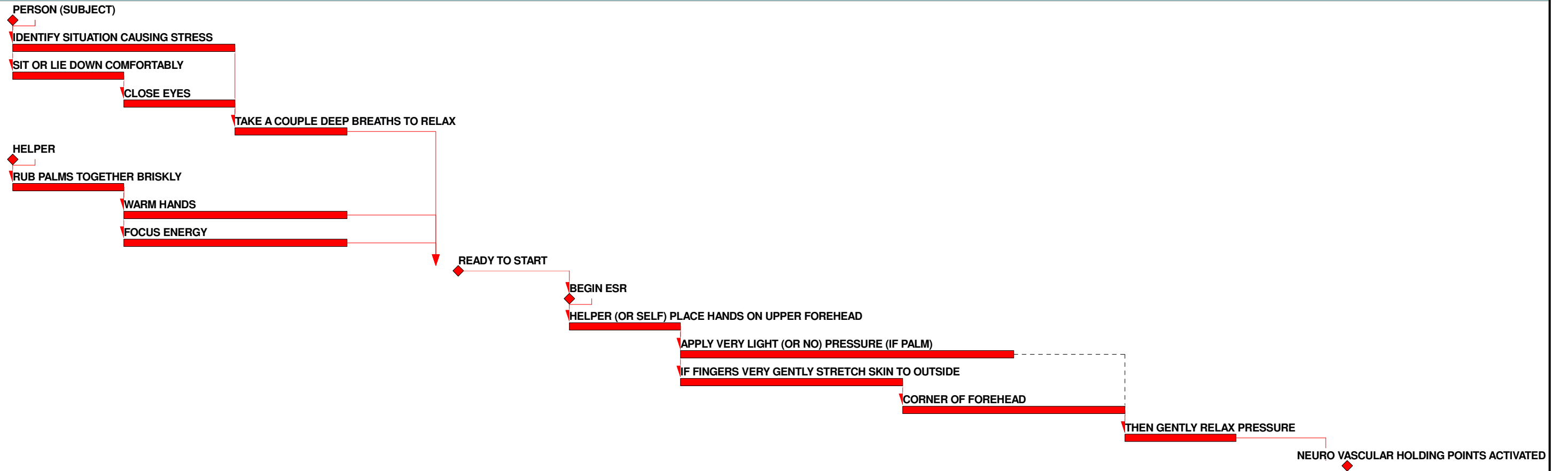
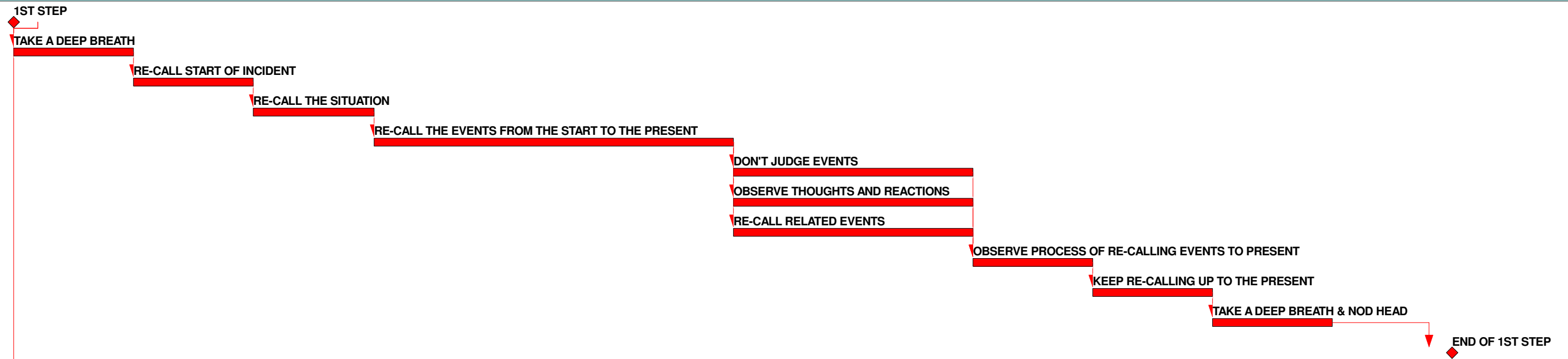


ESR: EMOTIONAL STRESS RELEASE

INITIAL PREPARATION



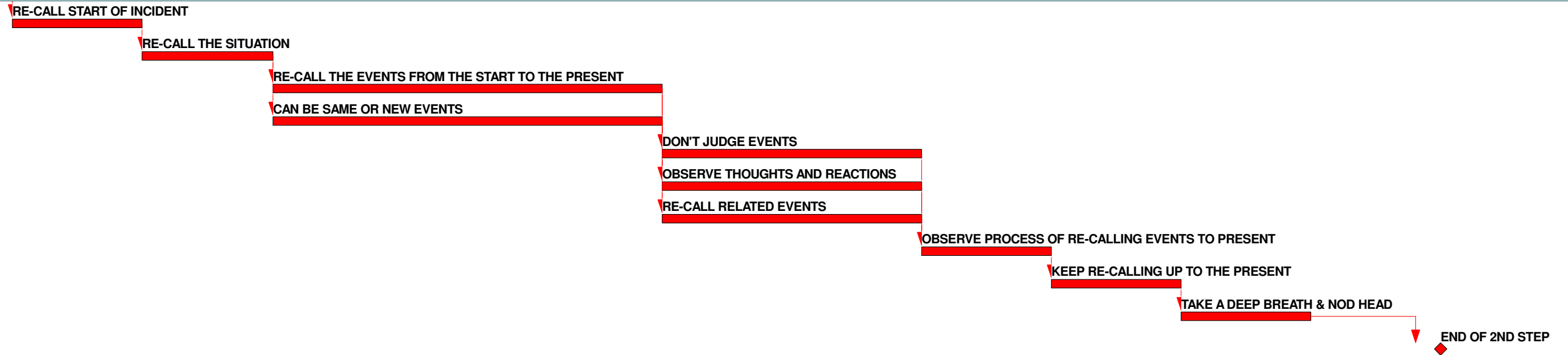
1ST STEP: RECALL SITUATION AND SUBSEQUENT EVENTS



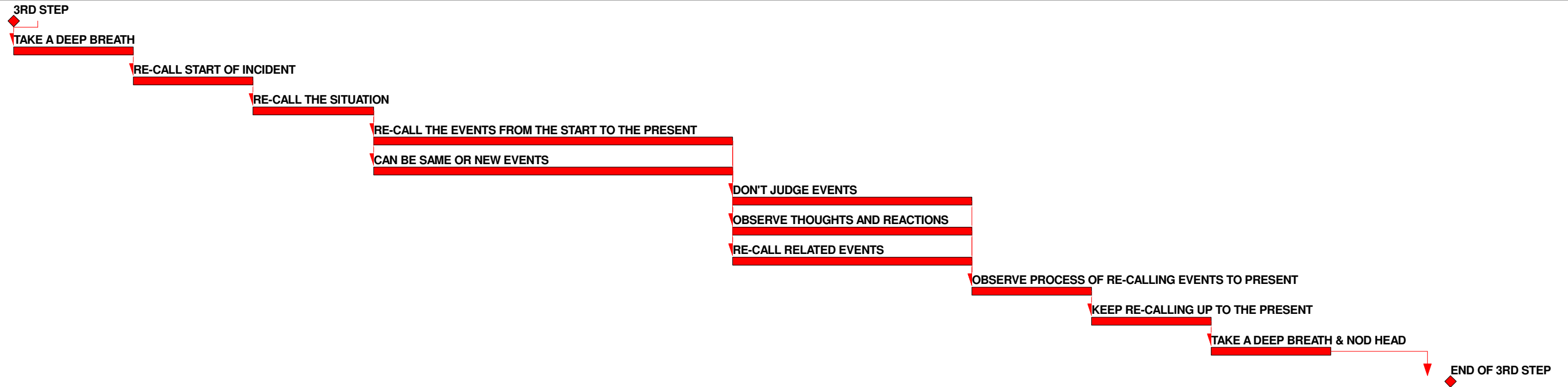
2ND STEP: REPEAT RECOLLECTION



2ND STEP: REPEAT RECOLLECTION



3RD STEP: REPEAT RECOLLECTION



4TH STEP: IMAGINE / SUGGEST FUTURE RESOLUTION

