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Zumbro Valley Staff Trained in New Therapy Approach

Rochester, Minn. – Keith Gascho, LPCC, recently completed his training in Eye Movement Desensitization and Reprocessing (EMDR), a form of therapy designed to help people who have experienced trauma or post-traumatic stress disorder. The training was completed at the Mid-West Center for EMDR Training and Therapy.

The EMDR form of therapy utilizes guided eye movement to help patients process information in a few way and see disturbing material in a less distressing way. This form of therapy is used in the treatment of:

- Complicated grief and disturbing memories
- Panic attacks
- Phobias
- A variety of disorders, including personality, eating and pain

Mr. Gascho has more than 10 years of experience working in community mental health and social work, and has been practicing at Zumbro Valley Mental Health Center for more than three years. He provides individual and group psychotherapy with adults, adolescents and children.

About Zumbro Valley Mental Health Center

Zumbro Valley Mental Health Center enhances the quality of life for residents in southeastern Minnesota by serving as a community resource for the understanding and treatment of behavioral health and substance use disorders. The organization collaborates with government agencies, schools, non-profit groups and others to provide programs dedicated to improving the mental health of adults, adolescents and children. Zumbro Valley Mental Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zumbromhc.org or call 507-289-2089.

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