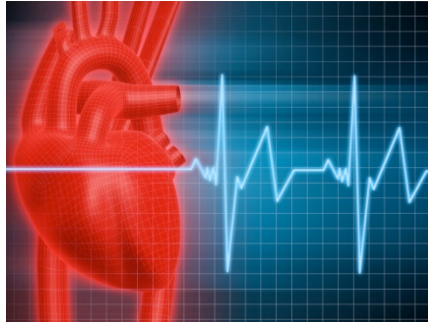


Have you experienced a heart attack?



Since your heart attack do you find yourself:

- More anxious than before?
- Having trouble falling asleep?
- Having nightmares?
- Acting or feeling like the heart attack is happening again?
- Having intense physical reactions to reminders of the event (ie pounding heart, rapid breathing, sweating, muscle tension?)
- More irritable, and less able to enjoy life in general?
- Feeling detached from others and emotionally numb?
- Feeling jumpy and on hyper-alert?
- Feeling alienated?
- Increasing your use of alcohol or drugs to chill out?

The UAlbany School of Social Welfare is researching an alternative treatment using acupressure and eye movements to help you heal from the emotional consequences of a heart attack. Free treatments will be provided by experienced Licensed Clinical Social Workers.

Please email EFT@albany.edu or call 518-442-3824 to learn more about the study.