

## NO-COST PROVIDER SESSIONS!

# The Nervous System Stabilization Group (NSG)



*Are you feeling stretched thin, burnt out, and overwhelmed? In the important but demanding field of healthcare, burnout is a common and serious issue that can impact your well-being and professional effectiveness. Register today for an NSG session to help strengthen your skills to cope with and recover from the physiological and psychological effects of stress in the workplace.*

Nervous System Stabilization Group (NSG) is an experiential approach to stabilizing the effects of trauma and high stress, such as after a critical incident, losing a client to suicide, or in on-going high stress professions such as clinical work with high-risk clients. NSG combines aspects of Post Traumatic Stress Management (PTSM) by emphasizing skills development and practice with a well-researched Eye Movement Desensitization and Reprocessing (EMDR) derived approach.

Led by two highly trained licensed independent clinical social workers, and in partnership with the State Suicide Prevention Council's Survivors of Suicide Loss Subcommittee, there will be four NSG sessions available to Providers, at no cost, in September and October 2025.

**Each session will be capped at eighteen (18) participants. Please register for one session and only register if you plan to attend as spots are limited.**

**NSG Session 1** - Monday, September 29th from 3:00-4:30 pm

Register: [https://naminh-org.zoom.us/meeting/register/5rGiEiL1RmaoIF\\_wiUXleA](https://naminh-org.zoom.us/meeting/register/5rGiEiL1RmaoIF_wiUXleA)

**NSG Session 2** - Thursday, October 2nd from 9:30-11:00 am

Register: <https://naminh-org.zoom.us/meeting/register/Q8mrjOp1RjCmbbTTSOU1gA>

**NSG Session 3** - Wednesday, October 8th from 11:00 am-12:30 pm

Register: <https://naminh-org.zoom.us/meeting/register/SgzgUuiJSActvUwFN7nKdg>

**NSG Session 4** - Friday, October 10th from 3:00-4:30 pm

Register: <https://naminh-org.zoom.us/meeting/register/pAHyKV5DQ7yt3tYlPkUg2w>



Alexandra Pradas (she/her) is a licensed independent clinical social worker with 15 years of experience in direct service and program management across diverse clinical and educational settings. She currently works as a therapist in a private practice setting supporting individuals to find healing from acute and complex forms of trauma. She has comprehensive experience in the areas of suicide prevention, suicide loss bereavement, and mental health crisis response. Alexandra is a behavioral health consultant and trainer, partnering with many organizations across New England to support mental health awareness and increase access to education and support. She also works as part of an EMDR training team. Alexandra lives in the White Mountains Region of NH, where she enjoys spending lots of time outside with her three quirky, adorable dogs.



Abi Andrus (she/her) is a licensed independent clinical social worker (LICSW) with 12 years of direct service experience in various educational and clinical settings. She currently works as a therapist in private practice using EMDR and Neurofeedback. She specializes in working with queer and chronically ill young adults navigating the impacts of interpersonal and structural trauma as they navigate transitioning into adulthood. Abi has significant experience in mental health crisis response including suicide prevention and postvention work. She also works as part of an EMDR training team and is an EMDRIA-approved consultant-in-training. Abi lives on the South Shore of Boston and enjoys spending time in a cozy chair with a cup of tea and a good book.

### Special note:

*Group members will be asked to be on camera during the duration of the session. This is a key element of the group's efficacy and success.*

Please reach out to Megan Melanson, Director for Behavioral Health, at [Megan.S.Melanson@Centene.com](mailto:Megan.S.Melanson@Centene.com) with any questions.