

EMDR Intensives

What is EMDR?

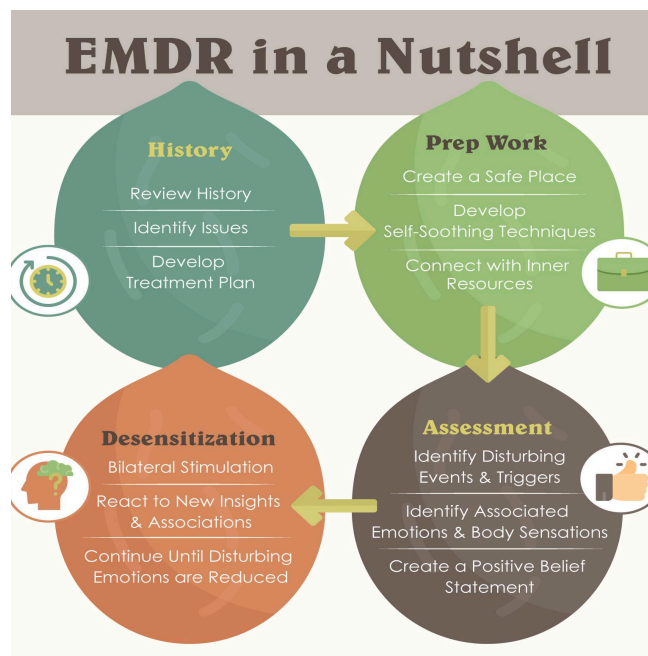
EMDR stands for Eye Movement Desensitization Reprocessing. The EMDR approach believes past emotionally-charged experiences are overly influencing your present emotions, sensations,

and thoughts about yourself. As an example: "Do you ever feel worthless although you know you are a worthwhile person?"

EMDR uses rapid sets of eye movements to help you update disturbing experiences, much like what occurs when we sleep. During sleep, we alternate between regular sleep and REM (rapid eye movement). This sleep pattern helps you process things that are troubling you.

EMDR replicates this sleep pattern by alternating between sets of eye movements and brief reports about what you are noticing. This alternating process

helps you update your memories to a healthier present perspective.





What is an EMDR Intensive?

EMDR intensives are for individuals that want to see faster results, want to feel better sooner, or who don't feel like they have the time in their lives for weekly therapy. EMDR intensives offer the benefits of EMDR treatment with 3 or 6 focused hours at the frequency of your choice.

What makes an EMDR Intensive different?

EMDR intensives are a way to make months worth of progress in a single day. It's a space for moving through targets and allowing more time and space to heal. For some it may be more fiscally beneficial to book a 3 or 6 hour intensive monthly rather than attend weekly therapy and still experience progress. For others EMDR intensives are adjunctive therapy to the work they have begun with their talk therapist. For others, there may be a time in their life where they want to make fast progress within a specific time frame. *EMDR Intensives can be completed from the comfort of your home in Massachusetts, Rhode Island, Vermont, or Florida or in person at my office in Auburn, MA.

EMDR Costs

Intensive Time Frame	Cost
3 Hour Intensive	\$600.00
6 hour Intensive	\$1200.00

**Please note at this time Insurance does not cover EMDR intensive services. A down payment of half of services is expected at scheduling and the remaining balance will be due the day of intensive treatment.

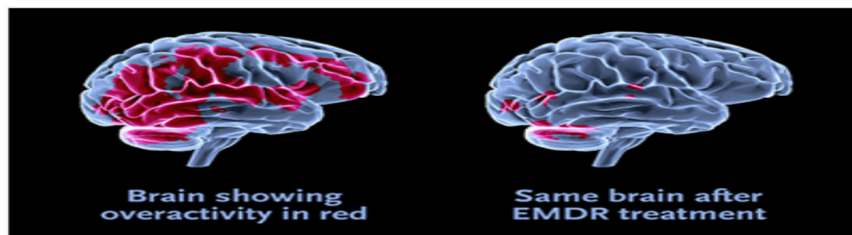
What does an EMDR Intensive day look like?

Typical 3 hour Intensive Sample	
Time	Task
45-60 minutes	target planning and activation
15-30 minutes	Resource Building
60-90 minutes	Processing, desensitization, reprocessing
30 minutes	Closure, assessment, resourcing as needed

Typical 6 Hour Intensive Sample	
Time	Task
30 minutes	Grounding stabilization practice(breathwork, reiki,Somatic Yoga Exercises)
30-60 minutes	Activation target plan and build resources
10 - 30 minutes Break	Breaks are added as needed throughout processing
180 to 240 minutes	Processing, desensitization, reprocessing
10-30 minutes Break	Reiki, Movement, Resourcing tools, Food/ Drink, and Breathwork can be added for additional grounding support.
30 to 60 minutes	Closure, assessment, resource as needed

** 10 to 30 minutes breaks are included as needed and based on length of intensive.

**60 minute Intake appointment is included in pricing and occurs before intensive to confirm readiness and ability to engage in intensive.



EMDR Before & After Comparison