

Common questions about Individual and EMDR Intensives

WHAT IS AN INTENSIVE?

When people experience problems in their lives or want to be proactive by keeping minor issues from blowing up into major issues, they often turn to traditional counseling. While such counseling can be highly effective, it often takes a long period of weekly sessions to achieve meaningful change.

An Intensive accelerates the healing and transformation process through structured two- or three-daylong sessions. The approach allows individuals to focus completely on their issues affecting life, without being distracted by other work or home concerns and responsibilities.

WHAT IS EMDR THERAPY?

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

EMDR therapy is a highly effective, clinically proven treatment for a number of mental health conditions, including the effects of trauma, abuse, PTSD (post-traumatic stress disorder), chronic depression, addictions, and chronic anxiety. It helps people of all ages. After successful treatment with EMDR therapy, affective distress is relieved, negative beliefs are reformulated, and physiological arousal is reduced.

WHO BENEFITS FROM EMDR THERAPY?

While EMDR therapy can help people with a wide range of mental health conditions, it's particularly effective for people who have experienced trauma and find it difficult to move forward because of intrusive memories or to break out of unhealthy patterns of behavior.

EMDR therapy is also helpful for people who feel they have progressed as far as they can through other therapy approaches and believe a different approach can help them continue to heal. It can also be effective for people who wish to overcome self-created barriers and attitudes that limit their success in relationships, careers, and even pursuits such as athletics.

EMDR therapy can help people:

- move beyond the difficult events in their lives

- stop being bothered by intrusive memories and thoughts of those events
- free themselves from being stuck in negative and self-defeating patterns
- reduce the symptoms of depression and anxiety
- remove feelings of guilt or shame connected with past events
- improve satisfaction with their lives.

HOW DOES AN EMDR INTENSIVE DIFFER FROM REGULAR EMDR THERAPY?

Regular EMDR therapy is highly effective, but most people need several weekly sessions to complete the process. For people with busy lives, having to schedule those sessions can be an inconvenience. In addition, when there's a gap between sessions, part of the therapist's time is typically spent catching up on what's happened before actual EMDR therapy resumes.

An EMDR Intensive provides a similar amount of EMDR therapy across just two or three days. Each day will involve several EMDR therapy sessions, with breaks in between. That allows people to make progress in significantly less time. In just two or three days, people attain the same improvement as in months of weekly sessions.

If weekly therapy appointments aren't realistic for you because of work or other commitments, if you want to make progress more rapidly than with traditional therapy, or if you're frustrated with other types of therapy, an EMDR Intensive may be right for you.

WHICH APPROACH IS BETTER?

Regular therapy and an Intensive are both effective approaches. An Intensive makes it possible to achieve results more quickly, in part because less time is needed to discuss events between sessions. For that reason, an Intensive is often more cost-effective than regular therapy.

In addition, clinical research has shown that people with PTSD achieve faster reduction of symptoms through an EMDR Intensive, making it more likely they will continue their treatment.

HOW LONG DOES AN INTENSIVE TAKE?

We offer two- and three-day Intensive options. Both involve full days of sessions with breaks in between.

HOW ARE INTENSIVES STRUCTURED?

Typically, an Intensive begins with an initial session in which the counselor will learn more about you and the issues you hope to address. The counselor will explain how your therapy will work and answer any questions you have before proceeding.

Because EMDR sessions involve discussions of difficult memories and issues, the therapist will provide frequent breaks and recommend regulating activities to reduce anxiety and prepare the individual for the next session.

HOW QUICKLY DO PEOPLE ACHIEVE RESULTS WITH AN INTENSIVE?

While many therapy approaches require sessions over a period of months (or years) before people notice significant improvement, an intensive typically provides life-changing and lasting healing in just two or three days, especially with EMDR incorporated.

HOW CAN I KNOW IF AN INTENSIVE IS RIGHT FOR ME?

The best way is to talk with a professional counselor who is a trained EMDR facilitator. They'll ask questions about your situation and your goals, and then help you determine whether an EMDR Intensive is likely to benefit you.

WHAT IS THE COST FOR AN INTENSIVE?

\$1290 for 1 day

\$2580 for 2 days

\$2430 for 3 half days

\$3195 for 3 full days

GROUPS

\$1935 for 2 days

\$2902 for 3 days