



E-Mersion

A Model for EMDR Intensives

What are intensives?

Intensives are customized “deep dives” into therapy that can provide rapid healing or an opportunity to get “unstuck” by switching out of our traditional model of weekly 55 minute session. This allows us to co-create a structure that works for you based on your goals, your timeframe, and your best structure for healing.

Intensive experiences are ideal for any client who wishes to move away from the weekly therapy model; is seeking EMDR as an augmentation to therapy with another therapist; or a client who is traveling into town to receive EMDR therapy. They can also be a life changing option for long-term therapy clients ready to make significant gains and changes in a short period of time.

How are intensives structured?

There are endless ways to structure the intensive experience based on your needs and preferences. If you are a new client I would begin with an initial intake to gather history and establish goals. Then we would set up a series of sessions - typically 90 minute to 3 hours - and a follow up in which to assess progress. For existing clients we can switch any time from an hourly meeting format to arranging periodic intensives. A client can always return in the future for additional intensives.

What should I expect from an intensive?

During an intensive we would focus on using EMDR to process stuck beliefs, past trauma or performance enhancement and future goals. I will integrate sand tray, art, somatic and parts or Internal Family Systems work to enhance the processing. In developing our intensive plan we would also identify out of session work - such as self care or self reflection - that will continue to enhance and accelerate progress during





E-Mersion

A Model for EMDR Intensives

our time together. I have a supportive space that will provide opportunities for reprieve, nourishment and rest during the intensive and I will be sure to provide your favorite snacks and drinks.

How much do intensives cost and what about insurance?

Currently intensives are only covered by a few insurance providers. I will look into your benefits and will bill in a format that allows you to receive the maximum reimbursement. All other time not reimbursed by insurance is billed at the hourly rate of \$150/hour. In planning our intensive I will be able to give you an estimate of cost but if you plan to use insurance this may change given actual reimbursement amounts.

