



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 multiple 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 close out or work and provide resources for ongoing support. 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/energy work and parts/Internal Family Systems work to enhance the processing. In developing our intensive plan we would also identify out of session





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work - such as self care or self reflection - that will continue to enhance and accelerate progress during 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. I also provide a workbook with resources and opportunities for reflection and growth.

How much do intensives cost and what about insurance?

In network insurance companies will cover the first hour of each intensive session and any additional hours are paid at the cash rate of \$175/hour. I am currently in network with Anthem, Aetna, United, and Optima. Clients are asked to sign an intensives contract stating that they understand this billing approach. I will bill out of network insurers; however there is no guarantee of payment.

While this may seem like a significant sum, it may actually amount to much less than years of ongoing therapy and copays. Many clients have found it worthwhile to make this investment in themselves. In planning our intensive, I will be able to give you an estimate of cost.

