



**CATHY HANVILLE, LCSW OFFERS EMDR INTENSIVES
AVAILABLE IN TWO FORMATS:**

- BRIEF INTENSIVE-BEST FOR A SINGLE INCIDENT TRAUMA
- HALF-DAY WEEKDAY INTENSIVE

These personalized treatment plans are designed to support your preferred schedule and timeline for accomplishing your treatment goals.



FAQs

Who can benefit from EMDR?

Almost anyone. It is a great intervention to help you get past a stuck point. The assessment meeting is where we can decide if EMDR can work for you and what to focus on.

Why an intensive instead of a normal 45-50-minute psychotherapy session?

EMDR intensives allow the opportunity to progress through your symptoms in a more focused manner. The intensive format may decrease overall treatment time because we are laser focused on one issue and not spending time on what happened during the week.

Does online EMDR therapy work?

Cathy Hanville, LCSW has been doing online EMDR therapy since 2020. She has been trained in EMDR since 2001. Research has shown online therapy/EMDR can be just as effective as in person work. There can be advantages to online work as you can do the work in the safety of your home and have a pet or other comfort with you. You also do not have to worry about travel to or from the appointment.

I live in a state that is not PA or CA can I do an intensive with you?

Cathy Hanville, LCSW is licensed in both PA and CA and can only work with clients that are **physically** located in those states at the time of the session. You will be asked to prove location via your id.

If I'm already a weekly client, can I participate in an EMDR intensive?

Yes. EMDR intensives for current clients are available in modified formats and pricing.

If I already have a primary therapist, can I do an EMDR intensive as adjunct therapy?

Yes. We can do an intensive focused on one particular goal or stuck point.



What can I expect to accomplish in a half-day intensive?

A half-day intensive can offer you resources to cope along with the potential to process one focused issue. While one session can help with one issue or trigger **Complex PTSD** needs more treatment than one half-day intensive.

What if I want additional sessions?

For additional sessions I charge at the rate of \$375 for 90 minutes, \$500 for 2 hours, and \$750 for 3 hours for week-day sessions.

Can my insurance help pay for this program?

Maybe. It can vary company to company. For insurance purposes, I am considered an out-of-network provider. It's best to determine the exact details of your policy ahead of time, including what benefits are available regarding out-of-network providers and if your insurance will reimburse several hours of therapy in one day or one week. I will provide you with a Superbill for all direct contact therapy services included in the program.

Typically, you can receive some reimbursement for the initial assessment session and follow up therapy session. The amount paid for the 2.5 hour session may not be covered fully. Typically, insurance companies don't cover more than 60 minute sessions. Cathy Hanville, LCSW will provide a superbill but will not spend time dealing with insurance companies.



Half-day EMDR Intensive
5 contact hours + resources and client workbook
\$1259

- One 90-minute, pre-consultation interview to assess appropriateness for intensives, gain insight, and identify obstacles. We will also target unpleasant beliefs, body sensations, emotions, or images from which you are seeking relief. We will begin resourcing in this session.
- An extensive written assessment to identify symptoms you'd like to alleviate, areas of activation or triggers, strengths you'd like to enhance, and memories or experiences that need focused attention.
- Personalized treatment workbook, which allows you work on your treatment goals before and after our EMDR intensive sessions
- One half-day (3 hours) of client-centered treatment consisting of EMDR resourcing and reprocessing with Cathy online. There will be a 15-minute break in the session. You can choose to do two 90 minute sessions as an alternative.
- One 30-minute, post-treatment session to evaluate your progress and determine any additional treatment recommendations.



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Live a Calmer Life



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Brief EMDR Weekday Intensive
3 contact hours and client workbook
\$750

This is best for people that have a single incident trauma

- One 90-minute, pre-consultation interview to assess appropriateness for intensives, gain insight, and identify obstacles. We will also target unpleasant beliefs, body sensations, emotions, or images from which you are seeking relief. We will begin resourcing in this session.
- An extensive written assessment to identify symptoms you'd like to alleviate, areas of activation or triggers, strengths you'd like to enhance, and memories or experiences that need focused attention.
- Personalized treatment workbook, which allows you work on your treatment goals before and after our EMDR intensive sessions.
- One 90 minute EMDR session.