EMDR INTENSIVES GUIDE

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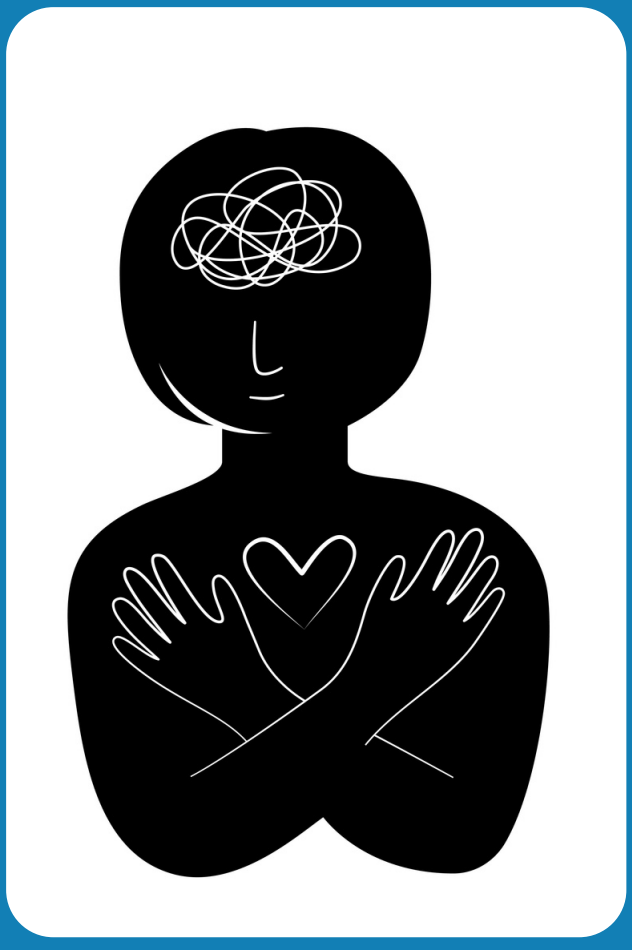
Welcome!

Welcome to the EMDR Intensive program! This booklet aims to provide you with essential information about EMDR (Eye Movement Desensitization and Reprocessing) therapy, its benefits, and what you can expect during your intensive sessions. Please take the time to read through this booklet to familiarize yourself with the process.

What is EMDR?

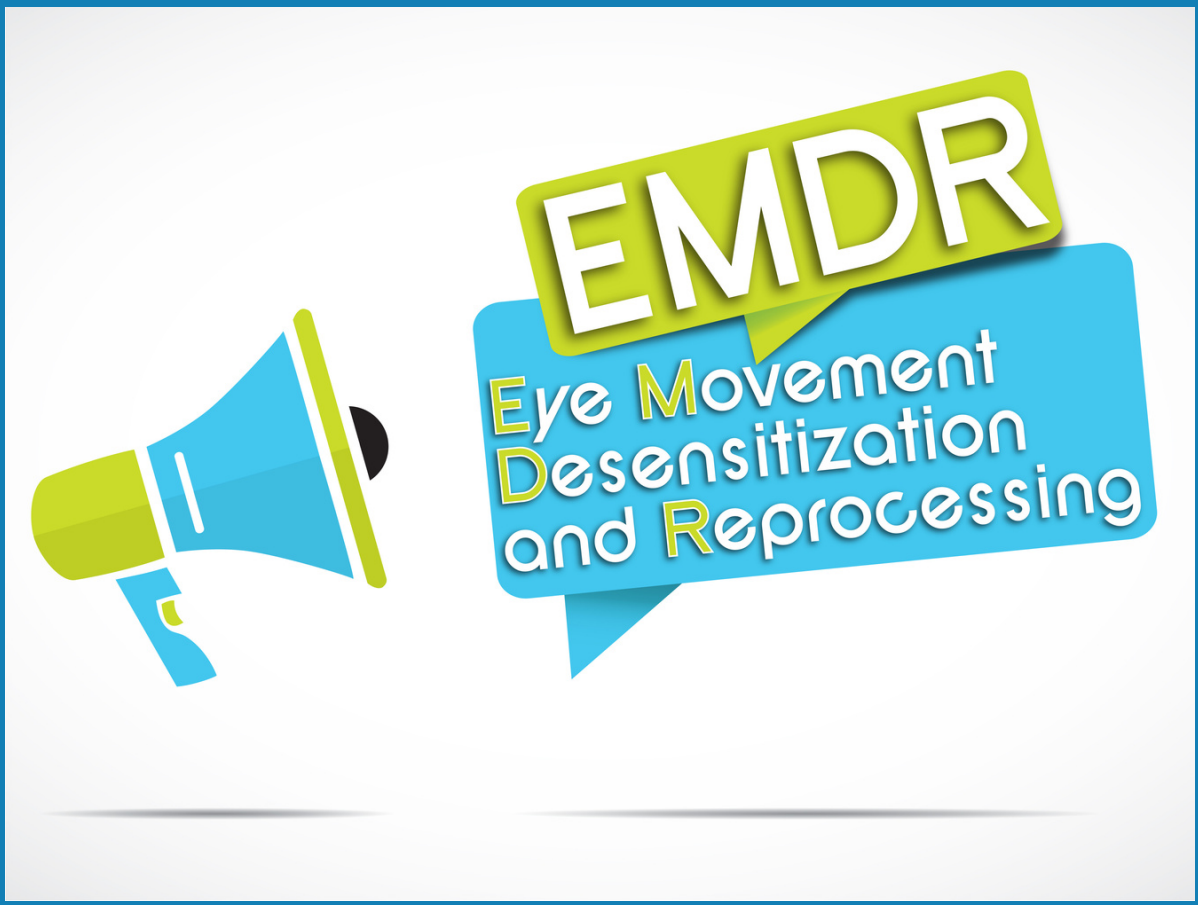
EMDR is a therapeutic approach that helps individuals process distressing memories and overcome the associated negative emotions and beliefs. It involves bilateral stimulation, such as eye movements, taps, or sounds, to facilitate the brain's natural healing process.



The Butterfly Hug,where you tap your shoulders, is one way of doing BLS via Telehealth.

Why EMDR?

Almost anyone can benefit from EMDR. It is a powerful intervention designed to help you overcome obstacles and move past stuck points. During the assessment meeting, we will determine if EMDR is suitable for you and identify the specific areas to focus on during your intensive sessions.



Why An Intensive?

EMDR intensives offer a more concentrated and focused approach to therapy. By dedicating several hours to address a specific issue, we can make significant progress in a shorter time frame. Unlike traditional weekly sessions, EMDR intensives eliminate the need to recap events that occurred during the week, allowing us to delve deeper into the targeted work.

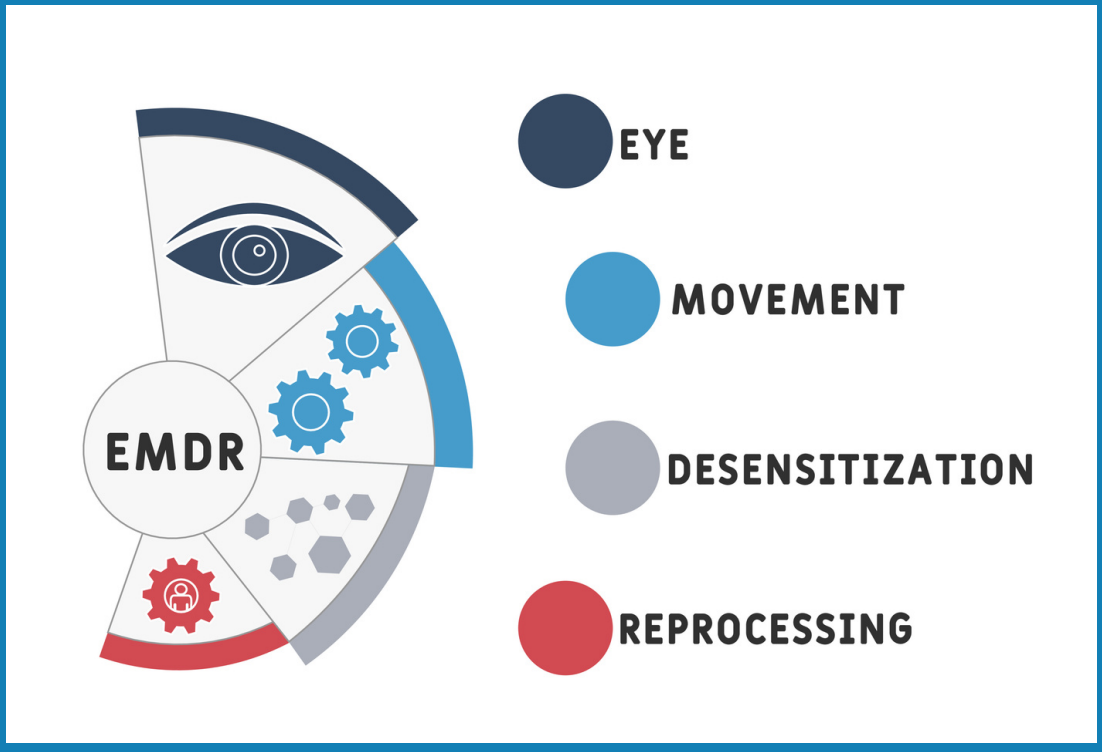
Who Can Benefit from EMDR Intensives?

EMDR intensives can benefit individuals who are looking to overcome specific issues, patterns, or traumas. Whether you struggle with PTSD, anxiety, depression, addiction, or other challenges, EMDR intensives offer a customized treatment program tailored to your needs.

How Does EMDR Work?

EMDR combines elements of cognitive therapy, exposure therapy, and bilateral stimulation to help you process and integrate distressing memories. By focusing on the target issue and utilizing bilateral stimulation, EMDR facilitates the reprocessing of traumatic experiences, leading to resolution and relief.

Someone explained EMDR to me by saying it was Drano for the brain. It gets things unclogged.



What to Expect During an EMDR Intensive?

During an EMDR Intensive, you will engage in assessment, preparation, and processing sessions.

I do a 90-minute assessment and integrate some of the preparation work into that.

How we schedule your processing sessions will be discussed. You can choose between 90-minute and 3-Hour blocks for online meetings and a full day blocks for in-person meetings. You can do the sessions weekly or multiple times in one week.

What Results Can I Expect?

What can I expect to accomplish in this amount of time? The EMDR Intensive program can offer you coping resources and the potential to process one issue or trigger. If you have Complex PTSD, it may require more than 6 hours of treatment for full resolution. However, during this time, we can work on one specific target related to your CPTSD. For example, if certain statements from a partner or friend trigger intense emotions, we will identify the root of the trigger and process it, helping you gain more control over your reactions.

Online EMDR Intensive Cost

$1750-6 hours processing
Which includes

Free 30-minute Pre-consultation interview to assess for candidacy

Treatment workbook

A customized treatment program with targeted treatment goals

A 90-minute assessment/resourcing session
Two Three-Hour or Four 90-minute EMDR intensive sessions

A 15 minute follow-up call or online meeting to help you decide your next steps and get any additional resources you need

This is a cost that can be billed to an FSA or HSA card

In Person EMDR Intensive Cost

Includes

Free 30-minute Pre-consultation interview to assess for candidacy

Treatment workbook

A customized treatment program with targeted treatment goals

On online 90 minute assessment/preparation meeting

5 hours in person of processing (scheduled in a 6 hour day)

A 15 minute follow-up call or meeting to help you decide your next steps and get any additional resources you need

This is a cost that can be billed to an FSA or HSA card

In Person EMDR Intensive Cost

One Day Session $1750-5 hours processing
Two Day Session $3000-10 hours processing
Three Day Session $4200-15 hours processing

A 50% Deposit is needed to reserve your time.
The rest is billed on the day of service.

Insurance Coverage for EMDR Intensives

Will it be covered? 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, insurance companies don't cover more than 60 minute sessions. They may cover the first 60 minutes of each session. Cathy Hanville, LCSW will provide a Superbill but will not spend time dealing with insurance companies.

How to Schedule an EMDR Intensive

To schedule an EMDR Intensive, simply contact me and request a free 30-minute consultation. If it seems like an EMDR intensive is a good match then we will schedule your sessions from there.

Phone/Text 415-643-3890
email cathyhanvillelcsw@gmail.com

Other Important Information

You can only attend an online EMDR intensive if you are physically located in either Pennsylvania or California at the time of service.

You can add on additional online sessions at the rate of $225 per 60 minutes and $340 for 90 minute sessions. For in person there is a three hour minimum and the rate is $750. You do not have to do follow-up sessions or a further assessment.

Refunds are not provided for services already rendered, regardless of satisfaction with the service.

Thank You