



## **EMDR Intensives FAQs**

### **Why an Intensive instead of a normal 55-minute therapy session?**

EMDR Intensives will give you the opportunity to work through several of your symptoms in a much shorter time span in a way that is to the point and a lot more effective than a traditional 55-minute session model. Another benefit of an intensive format, is that it can minimize the overall treatment time that is typically spent on the following: a) conducting a routine check in at the start of each session, b) prioritizing current crisis concerns c) spending time stabilizing clients by teaching them coping skills that they typically would not need once they've fully processed a target, d) helping clients to regain their composure and a sense of stabilization at the end of each session. EMDR intensives can fast-track your treatment while remaining clinically sound and safe.

### **If I'm already a weekly client, can I participate in an EMDR Intensive?**

Yes. EMDR Intensives are available for current clients and they are given priority if interested.

### **What can I expect to accomplish in a half-day Intensive?**

A half-day Intensive provides a multitude of resources that can minimize the debilitating effects of single trauma (e.g., negative cognitions, disturbing emotions, and body sensations). It can also help to improve on one's confidence and performance abilities. Although everyone's Intensive goals will look differently, a lot can be accomplished in one half-day Intensive. Typically, clients have often seen a significant reduction in distressful traumatic reactions. If someone's struggling with complex PTSD, it's recommended that more than one half-day Intensive is implemented to notice a difference in effectiveness. Many clients experiencing Complex PTSD may continue to work on their trauma histories through monthly, bi-monthly, or quarterly half-day Intensives.

### **I'm interested. How do I learn more and schedule an EMDR Intensive?**

For more information on pricing, please see the options on the next page. For answers to any questions or to schedule your EMDR Intensive, please contact me directly at [Marcken@bedrockcounseling.com](mailto:Marcken@bedrockcounseling.com).

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**Weekday Half-day EMDR Intensive (6-hour program)**

**6 contact hours = \$750**

- Preparation for your intensive treatment experience including what you can expect and self-care recommendations before and after your half-day EMDR Intensive.
- Exclusive access to timeslots not offered to standard weekly therapy clients.
- Dedicated time for accelerated therapy without feeling rushed.
- One half-day (4 hours) of EMDR Intensive treatment with Marcken online or in person.

**3-day, Weekday Half-day EMDR Intensive (12-hour program)**

**12 contact hours = \$1,500**

- Preparation for your intensive treatment experience including what you can expect and self-care recommendations before and after your half-day EMDR Intensive.
- Exclusive access to timeslots not offered to standard weekly therapy clients.
- Dedicated time for accelerated therapy without feeling rushed.
- Three half-day (12 hours) of EMDR Intensive treatment with Marcken online or in person.