

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
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1 Weekday Half-Day EMDR Intensive
4 contact hours + resources/ assessments/ $1,500

1 Weekend Half-Day EMDR Intensive 4 contact hours $2,000
Weekend times start Friday at 1pm-Sunday Evening.

• Preparation for your intensive treatment experience including what you can expect and self-care recommendations before and after your half-day EMDR Intensive.
• Personalized treatment workbook, which allows you to deepen the understanding of yourself and customized resources before and after 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 contact hours + resources/ assessments/ $4,500

3-Day, Weekend Half-Day EMDR Intensive
12 contact hours + resources/ assessments/ $5,000
Weekend times start Friday at 1pm-Sunday Evening.
• Preparation for your intensive treatment experience including what you can expect and
self-care recommendations before and after your half-day EMDR Intensive.
• Personalized treatment workbook, which allows you to deepen the understanding of yourself and customized resources before and after EMDR Intensive.
• Exclusive access to timeslots not offered to standard weekly therapy clients.
• Dedicated time for accelerated therapy without feeling rushed.
• Three half-day (9 hours) of EMDR Intensive treatment with Marcken online or in person.