

# **EMDR Intensive Program FAQ's**

## **What is an EMDR Intensive?**

Intensive EMDR is an accelerated way of engaging in EMDR therapy. Intensive sessions are tailored to the need of the individual and his or her treatment goals. EMDR Intensives were designed to create a safe, accepting atmosphere in which to address past traumatic experiences and strengthen overall emotional resilience.

## **How do you know if an EMDR Intensive is right for you?**

- You've been consistently attending therapy but feel "stuck" in certain areas
- You feel powerless to change dysfunctional patterns of behavior in your life
- You've engaged in and benefitted from past or present EMDR and want to build on your progress
- Your schedule is unique or unpredictable inhibiting your ability to engage in weekly therapy sessions

## **How is an EMDR Intensive Structured?**

- The initial 90 minute intake appointment will discuss overall treatment goals and then hone in on what will be the focus during the active reprocessing sessions. As well, we will discuss past treatment along with current coping strategies and support systems indicating readiness for the work.
- The three 3-hour intensive EMDR sessions will start with additional resource building and then move to active reprocessing of previously identified targeted memories.
- The 30-60 minute follow up post- interview is designed to create a time to check in on the tangible changes made in "real life" after completing the intensive program. Discussion also may include potential recommendations for next steps.

## **What can I expect during an EMDR Intensive?**

- Intensive EMDR was generated to create a safe space in which rapid progress can take place. As well, the time allows for individuals to explore their ensuing emotions and experiences in greater detail. As with standard EMDR sessions, intense emotional and/or somatic responses are commonplace. However lack of disruption due to time constraints during an EMDR intensive allows more time for reflection and self-regulation and for the therapist to adjust the session format accordingly.
- Breaks will be ongoing (generally about 10 minutes to the hour). I encourage people to utilize these breaks with a quick walk or at least a good stretch. I also ask that you bring plenty of drinks and/or snacks along with any creature comforts that may help you relax and/or shift into a more positive state.
- The ability to make progress at this accelerated pace serves to provide quicker relief and overall healing. However, it can be taxing on one's nervous system. I recommend viewing the intensive as an opportunity to "retreat, rest and recover." I remind people to be kind to themselves and avoid scheduling any unnecessary "extras" during the days they are reprocessing.