

BISSON WELLNESS, INC.

Virtual EMDR Session Packages

What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based psychotherapy designed to help people heal from difficult or traumatic experiences. It helps to resolve a variety of symptoms that often develop in response to having been exposed to difficult dynamics and experiences in childhood or adulthood.

Benefits of EMDR Extended Sessions: Rapid Results and Cost/Time Effectiveness

- Extended Sessions are 3-hours in length, leading to more rapid symptom resolution and healing.
- Extended Sessions allows us to remain completely focused on the identified goal and reduces the need to manage daily stressors that emerge in between long-term weekly therapy sessions. More time is focused on reprocessing, saving both time and money.
- Both the cost/time investment AND the symptom resolution is up-front, as opposed to spread out over several months or years.

Who Chooses EMDR Extended Session Packages

- Clients seeking to address a single incident traumatic event (i.e. - accident, injury, assault).
- Clients seeking to address a recent or ongoing difficult event (i.e. – recent incident, vicarious trauma).
- Clients seeking to address a more complex history of childhood or adult abuse or neglect who are prepared to purchase additional packages.
- Clients whose schedules, commitments, or travel make it difficult to commit to long-term, weekly, hourly sessions within the confines of an insurance-based system.
- Clients who are seeking more rapid resolution of symptoms.
- Clients wishing to supplement traditional therapy or body work to support healing.

Structure and Fee

- 20 Minute Consultation/Assessment Phone Call
- Electronic completion of intake and assessments forms
- 12-hours of therapy scheduled in 3-hour blocks
- *Convenient evening and weekend times offered exclusively for Lapis Body Work Clients*
- Package Fee with Discount from Hourly Rate = \$2,000
- 50% non-refundable deposit to secure dates

Please contact Christine DelGreco Bisson, LCSW, LICSW, LADC1, Certified EMDR Therapist
to book your package at 774-316-3111 or christinebisson@bissonwellness.com