



HALF-DAY EMDR *Intensive*

3 HOURS
OF DEDICATED
TRAUMA-FOCUSED
THERAPY



DEEPER HEALING. MEANINGFUL CHANGE.

A Half-Day EMDR Intensive offers a focused, intentional space to process what has been holding you back and move forward with greater clarity, connection, and freedom.



IS THIS A GOOD FIT FOR ME?

A Half-Day EMDR Intensive may be beneficial if you:

- ✓ Feel stuck despite understanding your experiences intellectually
- ✓ Experience the impact of trauma in your relationships, self-esteem, or daily life
- ✓ Find that traditional therapy sessions feel too short
- ✓ Are looking for a more focused healing experience
- ✓ Are motivated to engage in deeper trauma work



BEFORE YOUR INTENSIVE

Preparation & Treatment Planning Session

All Half-Day EMDR Intensives begin with a Preparation and Treatment Planning Session. This session allows us to:


- Review your history and goals
- Identify treatment targets
- Assess readiness for EMDR processing
- Review stabilization resources
- Create a plan tailored to your needs

This helps ensure that intensive time is used intentionally and effectively.



WHAT TO EXPECT

Your intensive may include:



EMDR
REPROCESSING



TARGETED
TRAUMA WORK



INTEGRATION
& STABILIZATION



CLOSURE &
AFTERCARE
PLANNING

Every intensive is individualized based on your needs, goals, and readiness.

INVESTMENT

HALF-DAY EMDR
INTENSIVE

\$750

Payment plans
may be available.

Schedule a consultation to determine whether this format is a good fit for your needs.