



# EMDR Intensive Retreats

**Jennifer Harwood, LCSW, LCAC, LLC is pleased to announce she now offers EMDR Intensive Retreats as part of her practice.**

The Intensives will be a series of EMDR, Expressive Arts, and other modalities as deemed appropriate. The client will meet with Jennifer on consecutive days for 3-hour sessions in the morning and a 3-hour session in the afternoon each day.

These Intensives are structured for the complex trauma client who would like to get into intensive work and process through this in a short period of time, for those who have limited availability for routine therapy, are at a standstill in their current healing regime.

It may also be for those who are in crisis and need to push through some targeted events which are causing dysfunction in their life currently.

The sessions will be one on one with the therapist as Jennifer introduces EMDR to those unfamiliar with its process and continue to accelerate progress with those who may be current clients.

The length of the sessions allows for complete processing of targets without the restrictions of other time limited approaches. The client must be able to commit to all days of the Intensive for which they have agreed. Please make sure your schedule is such that limit outside activities between sessions giving you time to complete recommended work, self soothe, and stay mindfully connected with the process.

## Note the following:

- Insurance will not be accepted or billed, as insurance will not cover this model of care.
- Lunch will be a 1 ½ - 2-hour break on your own. Use this time to refresh, rest, relax, ground, or in whatever way you need to practice self-care.
- No visitors or children will be permitted to wait with you in the office or waiting area.
- Feel free to bring your own non-alcoholic beverages but be mindful of caffeine intake on these days.
- You may experience fatigue on these days as this is emotional work. It is recommended to make sure to get good sleep in the evenings. You may want to give yourself some time after the Intensive as well to recuperate.

## Rates

<b>1 Half Day</b>	<b>\$800</b>
<b>1 Full Day</b>	<b>\$1,500</b>
<b>2 Full Days</b>	<b>\$2,850</b>
<b>3 Full Days</b>	<b>\$4,000</b>
<b>4 Full Days</b>	<b>\$5,200</b>

If you have questions about the program or are interested in scheduling an Intensive with Jennifer, please contact the office at **812-470-3640** or email at **J.Lharwood@icloud.com**.

