

EMDR INTENSIVES & RETREATS



What is EMDR?

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that helps people heal from the effects of overwhelming life experiences.

EMDR Intensives help people to feel better faster, often by eliminating the need for weekly therapy sessions.

What Can EMDR Intensives Help With?

- ✓ Recent Traumatic Event (within days or months to avoid experiencing PTSD)
- ✓ Traumatic car accident, fire or natural disaster
- ✓ Victim of a crime (including sexual assaults)
- ✓ Grief and Loss (recent and past grief)
- ✓ Post-Traumatic Stress (first responders/frontline workers)
- ✓ Early Childhood Trauma using the (ETP) Early Trauma Protocol for EMDR
- ✓ Phobias
- ✓ Support for Couples
- ✓ Eating Disorders
- ✓ Performance Enhancement for Athletes, Artists and Business Executives



Our Therapists

Our therapists are trained in EMDR through the EMDR International Association (EMDRIA). They have received Level 1 and Level 2 EMDR Basic Training and are undergoing EMDR Certification.

They are trained in advanced EMDR techniques.

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Half Day EMDR Intensive (4 hours)

- The therapist gathers a history of client symptoms and establishes goals for treatment.
- The client is taught stabilization skills in preparation for EMDR.
- The client identifies targets for processing.
- One or more memories associated with the client's symptoms are processed.
- The client experiences substantial relief from symptoms.
- Clients may benefit by multiple half days for thorough treatment.
- Includes: EMDR Intensive Personalized Treatment Workbook

Full Day EMDR Intensive (8 hours)

- The therapist gathers a history of client symptoms and establishes goals for treatment.
- The client is taught stabilization skills in preparation for EMDR.
- The client identifies targets for processing.
- Multiple memories associated with the client's symptoms are processed.
- The client experiences substantial relief from symptoms.
- Clients may benefit by multiple full days for thorough treatment.
- Includes: Lunch, VWS journal, pen and EMDR Intensive Personalized Treatment Workbook



EMDR Intensive Retreat

- 8 hours of EMDR therapy
- Two holistic services integrated into your day (i.e. massage, acupuncture or yoga).
- EMDR Intensive Personalized Treatment Workbook
- Personalized lunch
- VWS journal, pen and VWS water bottle
- Out of town guests may reserve lodging arrangements at the AC Marriott
- Vancouver, WA itinerary for your leisure