

COUNSELING CONNECTED

EMDR Intensive Brochure



www.getcnconnected.com

Welcome



I'm so glad you're here.

I'm Cara Donahue, a licensed therapist with over a decade of experience and a passion for helping high-achieving, introspective women—especially those navigating grief, a cancer experience, or standing at a life-altering crossroads.

I specialize in EMDR, a powerful, evidence-based therapy that helps people process and integrate painful or traumatic experiences. It's life-changing work—and it's an honor to offer it in a format that can bring clarity, relief, and meaningful movement forward.

Therapy intensives offer something many people never get: uninterrupted time to focus deeply, process fully, and feel supported in attuned connection with your therapist. Longer sessions can create real breakthroughs when weekly therapy isn't enough or when life demands more focused care.

In this booklet, you'll learn what an intensive can offer and whether it might be a good fit for you. If what you read resonates, schedule a free consultation call or video chat with me so we can connect and share more.

I'd be honored to walk alongside you.

A stylized, handwritten signature in dark blue ink that reads "Cara".





Journey deeper. Emerge lighter.

Maybe you've been holding so much for so long—and it's catching up with you. Grief that won't stay tucked away. A recent diagnosis that's shifted everything. The ache of burnout, or the quiet knowing that something in your life no longer fits. You may already be in therapy—or maybe you've never done this before—but you know it's time for something more focused, more impactful.

Therapy intensives offer the depth and continuity that weekly sessions often can't. Without the stop-and-start of regular therapy, you have uninterrupted time to go deeper, integrate more fully, and move toward clarity with steady support.

Whether it's a 3-hour block, a couple of days in a row, or a monthly series, intensives create space for you to exhale, reflect, and reconnect. Some clients choose to take time off, unplug, or stay in a hotel to make the most of this dedicated space. It's like a personal retreat—with therapy at the heart.

This isn't about rushing healing. It's about honoring your need for change in a way that feels supported, intentional, and deeply personal. The work you do here can bring real, lasting shifts that ripple through the rest of your life.

I help you...

FIND SOLID GROUND

When everything feels like it's shifting—your health, relationships, future plans—it's hard to know what to trust. I help you get anchored, so you can face what's ahead with more steadiness and certainty.

RECONNECT WITH YOUR INNER COMPASS

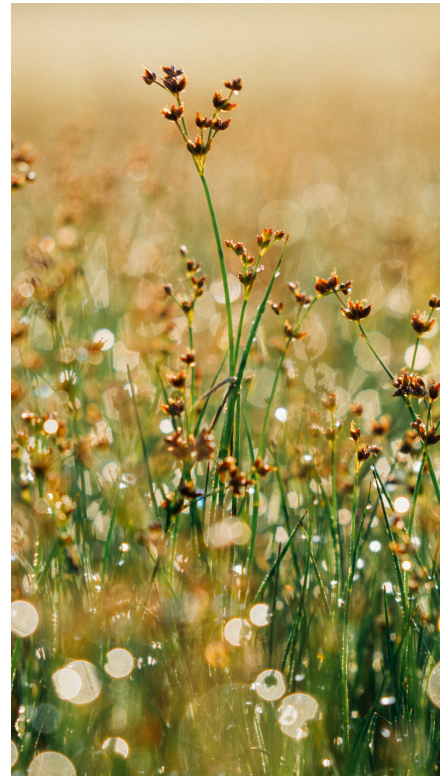
In the wake of loss or life-altering change, it's easy to lose touch with what you want & need. I help you sort through the noise—your own and everyone else's—so you can hear yourself clearly and make choices that align with who you are and what you need now.

FIND YOUR EXHALE

You've been holding so much for so long. An EMDR intensive gives your body, heart and mind space to finally let go—so you can breathe easier, feel more grounded, and come home to yourself.

LIVE MORE FULLY IN THE LIFE YOU CREATE

When you're facing the unknown—illness, loss, or a life that looks nothing like you imagined—it's hard to stay present. You get stuck in fear, anxiety, or what-ifs. I help you untangle what's keeping you in survival mode, so you can engage fully with the life you're creating—on your terms, at your pace, with clarity about what matters most right now.



Do you want
to feel more
calm, confident, & connected?

An Intensive may be right for you!



Options & Investment



1 DAY	2 DAYS	1 MONTH
<ul style="list-style-type: none">• 8 hour program• 6 face-to-face hours• Resources, assessments, & personalized treatment workbook• Available Weds-Thurs	<ul style="list-style-type: none">• 11 hour program• 9 face-to-face hours• Resources, assessments, & personalized treatment workbook• Available Weds-Thurs	<ul style="list-style-type: none">• 11 hour program• 9 face-to-face hours• Resources, assessments, & personalized treatment workbook• Available Tues-Thurs
Investment of \$2,880	Investment of \$3,960	Investment of \$3,960

Note: Therapy Intensives are not covered by insurance. Please know that the insurance company requires a diagnosis code as a reason for treatment. I recommend calling the customer service number on the back of your insurance card in order to get details about your specific plan. I'm happy to provide more information to help with this process.

What's Included

01 PRE-INTENSIVE INTERVIEW

A 90-minute session to determine the goals of the Therapy Intensive and prepare for the experience. We will identify the painful experiences, beliefs, emotions, or images from which you seek relief.

02 PERSONALIZED TREATMENT WORKBOOK

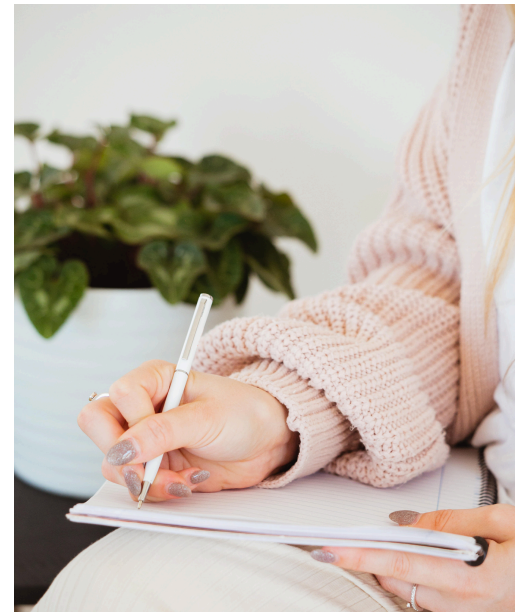
The workbook includes assessments and activities to prepare for the Intensive. The workbook allows you keep a record of progress on your treatment goals before, during, and after our sessions.

03 CUSTOMIZED TREATMENT PROGRAM

The Therapy Intensive sessions take place virtually, and are scheduled for 1-2 days for 3 hours each day, or for one month of weekly, 90-minute sessions. Includes targeted treatment and resourcing activities customized for you.

04 POST-INTENSIVE INTERVIEW

A 90-minute session to debrief the experience and reflect on areas of insight, relief, and transformation. Discuss your next steps for continued growth and healing.



BE PREPARED WITH

- Comfortable clothing and shoes
- Personal snack items
- Any personal self-care items you enjoy (crafts & art supplies, a book, anything that brings you comfort).
- A list of questions or concerns that you want to address during the retreat.
- An open and honest attitude, and a willingness to work through difficult emotions and challenges.

Sample Schedule

Note: Each intensive is tailored specifically to the client. This agenda serves as a guide, and will be modified based on the insights and experience in real time.

1 DAY	DAY 2	MONTHLY
12pm-12:15pm WELCOME & HOUSEKEEPING	12pm-12:15pm WELCOME & CHECK IN TIME	Weekly, 5pm-5:15pm WELCOME CHECK IN TIME
12:15-1:45pm THERAPY SESSION	12:15-1:45am THERAPY SESSION	5:15-6:15pm THERAPY SESSION
1:45-2:30pm BREAK	1:45-2:30m BREAK	6:15-6:30pm GROUNDING & REFLECTION
2:30-3:30pm THERAPY SESSION	2:30pm-3:30pm THERAPY SESSION	



Frequently Asked Questions

Who can benefit from intensives?

Therapy intensives are ideal for people navigating something big—grief, illness, or a painful turning point—who are ready to go deeper, sooner. If you're craving change but don't want to wait months to feel relief or momentum, an intensive offers focused time to process and reconnect with what matters most. Whether you're carrying pain from the past or facing something overwhelming now, this format gives you the space and support to move through it with care.

Why should I do a Therapy Intensive instead of a normal 50-minute therapy session?

Weekly therapy can be powerful, but the stop-and-start format has limits. By the time you check in, start to explore something important, the session is already ending—leaving maybe 30–35 minutes for deeper work.

Intensives remove that time pressure. You have space to go deeper—often with over 2.5 hours of focused therapeutic work in a single day. For many clients, the momentum and clarity that come from this format feel not only efficient—but profoundly relieving.

How many Intensive Days should I schedule?

Great question! This depends on your goals for the Therapy Intensive. Some goals can be reached in a 1 Day Intensive (3 hours), but other goals are more complex and may require a 3 Day Intensive. I can help you determine the number of days that would work best for your therapy goals.

If I already have a primary therapist, can I do intensive as an adjunct therapy?

Absolutely! Therapy Intensives work very well as an adjunct therapy. I would ask that you sign a Release of Information so that your current therapist and I can collaborate/coordinate to best serve you.

What does the research say about EMDR Intensives?

Intensive application of trauma-focused therapy seems to be well tolerated in patients with PTSD, enabling faster symptom reduction with similar, or even better, results, while reducing the risk that patients drop out prematurely.

Intensive EMDR treatment is feasible and is indicative of reliable improvement in PTSD symptoms in a very short time frame.

An intensive program using EMDR therapy is a potentially safe and effective treatment alternative for complex PTSD.

The economy is compelling: even compared to other trauma therapy, the intensive format may decrease treatment time, because of time not spent on a) checking in at the beginning of each session, b) addressing current crises and concerns, c) focusing on stabilizing and coping skills that the client won't need after trauma healing, or d) assisting the client in regaining composure at the end of the session.

Where are EMDR Intensives offered?

From the comfort of your own space, I meet online with clients in CT, FL, MA & ME. EMDR intensive sessions are similar to going on a personal retreat. It's best to allow time outside of sessions to be unscheduled or filled only with self-care activities like exercise, body work (acupuncture or massage), and creative expression – drawing, painting, cooking.

Are EMDR Intensives worth the time and money?

EMDR Intensives can give you the results you might get from months or years of therapy in a much shorter period of time. If you add up the cost of weekly therapy, an EMDR Intensive can be much more cost effective. Instead of waiting months, you can get the same results in a few days.



Can my insurance help pay for Therapy Intensives?

Therapy Intensives are not covered by insurance. However, if you have out-of-network benefits, your insurance company may reimburse a portion of the Therapy Intensive. It's best to call the customer service number on the back of your insurance card to learn the details about your specific plan. Make sure to ask questions like: Do I have a deductible for out-of-network services? Have I met my deductible? What CPT billing codes do you reimburse (i.e. 90837 or two 90843 in one day)? What is the rate of reimbursement for each billing code? What is the allowable amount for reimbursement?



When are payments due?

A 50% non-refundable deposit is due at the time you book your Therapy Intensive. The remaining 50% is due on the first day of the Intensive Session.

What if I'm interested in a Therapy Intensive but I'm not 100% sure?

Let's schedule a time to talk! I'm happy to answer any questions and explore your unique situation to see if a Therapy Intensive may be helpful for you.



Are you ready to...

feel more calm, confident,
and in control of your life?

SCHEDULE A FREE CONSULTATION

