

EMDR INTENSIVES



How to Approach Your EMDR Intensive

While these are not requirements for an intensive, we have found that they are helpful in allowing you to get the most out of this experience.

Before Your Session:

- Support system – at least one person who knows you’re doing an intensive and can be called upon for support throughout
- Positive coping skills – i.e. mindfulness, breathing techniques, exercise, hobbies, etc.
- No active substance use – substances have been known to slow down EMDR processing
- Willingness and desire to change
- Personal Goals – think through some goals you have for this experience and share them with your assigned therapist

During Your Sessions:

Your mindset coming to an intensive is the foundation of your therapeutic success—remain open and willing to be uncomfortable. While we hope you have time to relax and get refreshed in between sessions, the therapy sessions themselves will challenge you. Your therapist will meet you where you’re at and create a safe, healing environment. However, you will get as much out of this as you’re willing to put in.

In Between Sessions:

The rest of your day will be spent on your own to process, reflect on the work we have done, and relax and recoup for the next day. This is still part of the therapy! You may want to nap, read, walk, swim, or exercise during this time, so pack accordingly. Self-care is a critical part of any therapy, especially in this intensive format. For these reasons, we suggest treating this as a retreat and not staying at home or going to work, but instead scheduling enjoyable activities such as yoga, walks, massages, etc., and limiting your stress as much as possible.