

EMDR Intensive Therapy Policies and Consent

This agreement must be signed in order for your therapist to reserve your appointment(s) with you.

EMDR Intensive Intake and Assessment (for new clients)

Your initial intake assessment may take one or two appointments to allow enough time to obtain your history, complete resourcing, and assess your current goals and needs. This time varies per person but is estimated to be between 90-180 (average 120) minutes. The fee for the intake assessment is billed as a separate charge from your EMDR intensive session(s). My incremental billing rate is \$50 per 15 minutes.

EMDR Intensive Intake and Assessment (for established clients)

Likely, you have already completed your intake assessment paperwork. You will be informed if I require updated paperwork, additional forms, or assessments to be completed. If you are an established client, but converting to become a private-pay client, please note that any required in-session preparation time is billed as a separate charge from your EMDR intensive session(s). My incremental billing rate is \$50 per 15 minutes.

EMDR Intensive Appointment(s)

The processing appointment is scheduled for a minimum of 3 hours up to a maximum of 8 hours per day. People who prefer shorter intensive sessions may book several days in a row based on the therapist's availability. Up to 3 sessions might be booked with this consent form. If you like to schedule additional intensive therapy sessions, which aren't listed on this consent, a new consent form will need to be signed. Breaks and lunches are coordinated as needed and are included in your scheduled time. Any unused time is not refundable.

How much time is needed is based on several factors, such as the total amount of work we will focus on, as well as your capacity of staying focused for several hours on a stretch. For example, a single intensive processing session can be very effective for a single incident or less complicated issues that you like to focus on. However, more complex trauma and multilayered issues can take more appointments, especially if shorter sessions are scheduled. Also, some people can process intensive sessions quicker than others, some people can stay longer focused than others, and some people require more breaks than others. Additionally, unexpected memories or other concerns may pop up that require additional work. There is no full-proof way to foresee all possible circumstances. The therapist applies clinical judgment in scheduling a time frame that is reasonable to address all your needs, which is based on the information you provided during your intake assessment. You are provided with a holistic healing approach tailoring to your specific needs, which can only be provided without feeling pressured by time.

Intensive Session Fees / No Show & Late Cancellation

Sessions are booked in hourly increments, which are billed at \$200 per hour. I don't accept insurance for my services. In general, intensive sessions are also not covered by insurance.

Payments will be made via your credit card, which will be charged within the timeframes outlined in this policy unless a different agreement is noted on the bottom of this form by the therapist. Consider having the expected charges for your intensive sessions pre-authorized by your credit card company, as larger charges sometimes get denied due to safety protocols.

Services will not be rendered without payment in hand.

Because intensive session appointments are reserved exclusively for you and require a large amount of time (meaning I can't book with any other clients during this time), I require a 50% deposit at the time of scheduling, with the remaining 50% balance being due 14-days' prior of your intensive session appointment. If you are booking within the 14-days window prior to your intensive session appointment, the full fee is due at the time of scheduling. If you are booking multiple days in a row, all of the intensive sessions are billed and charged together as outlined above.

All money paid is absolutely non-refundable! Cancellations that are received one week prior to the intensive appointment will receive a 90% credit. The timestamp of this signed consent form is used as the timeline when considering your cancellation for credit. This credit requires you to schedule new service(s) within 30 days or your entire credit will expire! I kindly ask that you are mindful when you schedule your intensive therapy session(s). Please check your calendar to be clear of any other obligations. A reschedule is a huge inconvenience for me, as it often affects my entire schedule full of client appointments for that week. Because of this, I only provide a 90% credit if canceled on time. Please only reschedule if absolutely necessary. Cancellations that are received within less than a week of the intensive appointment, yield no refund or credit!

Considerations, Risks, and Recommendations for EMDR Treatment

- Some medications may reduce the effectiveness of EMDR. Specifically, benzodiazepines may hinder the brain from fully reprocessing during bilateral stimulation due to altered consciousness. Please don't discontinue your medication without consulting with your prescribing doctor. If you take benzodiazepines, please talk to your prescriber before you sign up for EMDR intensives.
- While there are no known adverse risks associated with EMDR treatment, it is always wise to check with your physician regarding any new treatment you start that may affect your health. Please check with your physician to ensure EMDR treatment is safe if you have a history of, or currently have, eye problems, a diagnosed heart disease, uncontrolled high blood pressure, or are at risk for, or have a history of, stroke, heart attack, seizure, or other limiting medical conditions that may put you at medical risk.
- Before participating in EMDR, discuss with the therapist all aspects of an upcoming legal court case where testimony is required. You may need to postpone EMDR treatment if you

are a victim or witness to a crime that is being prosecuted because the traumatic material processed using EMDR may fade, blur or disappear and your testimony may be challenged.

- Reprocessing a memory may bring up associated memories. This is normal and those memories will also be reprocessed. During EMDR, you may experience physical sensations and retrieve images, emotions, and sounds associated with the memory.
- Reprocessing of the memory or event normally continues after the end of the formal therapy session. Other memories, flashbacks, feelings, and sensations may occur. You may have dreams associated with the memory. Frequently the brain is able to process these additional memories without help. However, should you have urgent concerns after your EMDR intensives, you can reach out to your therapist.
- Clients should be able to visualize images and sense their body sensations. Without this ability, EMDR is difficult, as the process is based on visualization, as well as sensing emotions and experiencing somatic reactions.
- Some clients may experience very strong reactions during treatment. Therefore, clients should be able to tolerate high levels of emotional distress and be able to self-regulate.
- EMDR intensives require a capacity of staying focused for longer periods of time. If this is difficult for you, EMDR intensives might not be a perfect fit.
- EMDR intensives require being fully present in the here-and-now (within the window of tolerance). Clients who daydream and space out a lot may experience difficulty processing during the bilateral stimulation. A person with a high level of disassociation may require further preparation prior to starting with EMDR.
- EMDR intensive isn't appropriate for clients that are in crisis mode (suicidal ideations, self-harming behavior, etc.)
- EMDR intensives are often experienced as life-changing, it is important to maintain realistic expectations to avoid building up pressure that may hinder the process.
- While most people find EMDR very powerful and beneficial, results of EMDR intensives cannot be guaranteed, as results vary from person to person. Dissatisfaction with services doesn't yield a refund.
- There are no known adverse effects of interrupting EMDR therapy; therefore, clients can discontinue treatment at any time.