

EMDR INTENSIVES

Faster results. Faster relief.

www.thebrannencenter/intensives

WHY INTENSIVES?

EMDR is one of our best and oldest treatments for trauma resolution and processing. EMDR can be used to treat common trauma and PTSD symptoms, such as flashbacks, emotional distress, sensitivity to triggers, disproportionate reactions to triggers, panic attacks, or persistent anxiety or depression, as well as other issues such as phobias or situational fears. Intensives provide several benefits over regular weekly or bi-weekly therapy session.

1. Complete trauma processing more quickly

Since we don't have to spend time checking in, setting up memories for reprocessing, and closing down and containing memories every hour, we get more done in an intensive than in the equivalent number of 60-minute sessions.

2. Less distress after session

More time for processing means we are less likely to activate a memory or target and then have to leave it only partially completed until the next session.

3. Easier to schedule and focus

Setting aside a chunk of time for this work means you can schedule once and prepare mentally to set aside work and other day-to-day tasks, instead of trying to fit a therapy session into your regular daily schedule.

WANT MORE INFO?

To get more information, reach out to us to schedule an initial consultation and assessment to see if an intensive might be an appropriate option for your situation.

Contact us at info@thebrannencenter.com



AT A GLANCE

INTAKE AND SCREENING - \$240

- 90 minute intake appointment
- Full assessment and evaluation for best intensive option

MINI INTENSIVE - \$400

- Preparation tasks and assessments
- 2 hours of EMDR
- Follow up phone assessment

FULL INTENSIVE - \$800

- Preparation tasks and assessments
- 4 hours of EMDR (lunch break added)
- Follow up phone assessment

MULTI-DAY INTENSIVE - \$2500

- Preparation tasks and assessments
- 3 Days of Full Intensives
- 1 Hour Post-Intensive Follow Up



AURA MORRIS

Owner/Clinical Director

The Brannen Center

"Trauma processing is powerful, transformative work, and EMDR is my favorite tool for this work. The speed and power of intensives over weekly or bi-weekly 60 minute sessions is hard to overstate - when it is clinically appropriate, it can be life-changing for clients."