Budd Therapy introduces EMDR Intensives

EMDR intensives refers to a concentrated form of EMDR treatment, sessions are two to three hours, half day sessions, rather than weekly sixty-minute sessions. It allows for a more in-depth processing of distressing experiences or traumatic memories, leaving more capacity for change and or healing.

Why chose EMDR intensives.

**Efficiency:** EMDR intensives are compressed into shorter time frames than traditional weekly sessions. This is advantageous for those who have busy schedules.

**Deep Dive:** Intensives allow for a more immersive experience, there is more time to focus on healing than checking in or closing the session.

**Trauma Resolution:** Intensives provide a focused environment for addressing stressful or traumatic experiences in a condensed period.

**Cost-Effectiveness:** While the upfront cost of an intensive may seem higher, it can be more cost-effective in the long run compared to months or years of weekly therapy sessions.

**Quick Relief:** Intensives are for those that want to feel better now and don’t want to wait. Weekly individual therapy takes more time to affect change that intensives.

What to expect during an EMDR intensive

EMDR Intensives are consist of:

* 60-to-90-minute initial meeting to get to know your clinician and to gather history for an assessment. It is the start of determining what is the best fit for your treatment. you will be given a workbook to further help in your treatment.
* Intensive sessions to process stressful or traumatic experiences that are affecting you today. The length of session and the number of sessions will be determined by you and the clinician during the pre-work assessment.
* 60 t0 90-minute post treatment session to assess and support your adaption to positive changes from treatment.

After our intensive program, you will have new resources to help you ground yourself, and a list of self-care methods to utilize.

For some, an EMDR intensive is illuminating, rich in assessment and treatment planning, with some reprocessing of disturbing material. Depending on your treatment goals, EMDR intensives are not always curative or the end of therapy. During intensives, you will gain a clear sense of what, if anything, may need to attention in future talk or EMDR therapy. Intensives can be an enhancement to weekly supportive therapy.

# EMDR is not just for trauma; it is used for performance enhancement to excel in areas such as athletics, business, and relationships. Clients have reported feeling lighter and more energized after intensive sessions.