**SArah Dochow therapy offers Emdr intensives available in three formats:**

half-day intensive

full Day weekday intensive

2-3 Day weekend intensive

*These personalized treatment plans are designed to support your preferred schedule and timeline for accomplishing your treatment goals.*

**FAQs**

**Who can benefit from EMDR?**

EMDR addresses the psychological and physical symptoms stemming from adverse life experiences. EMDR is not just for trauma; it is also utilized for performance enhancement.

**Why an intensive instead of a normal 50-minute psychotherapy session?**

EMDR intensives allow the opportunity to progress through your symptoms in a more succinct and focused way without the interruption of a 50-minute session. An intensive format may decrease overall 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 healing, or d) assisting the client in regaining composure at the end of the session.

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

Yes. Perhaps you’ve a felt sense that something profound has yet to change, but you’re not quite sure how to shift all the way into a new experience of yourself with your current therapist. Maybe you now cognitively understand new things, yet your body is still confused, so you’re curious about how adjunct EMDR intensive therapy can help. We will identify what format is best for you during your initial consultation.

**What can I expect to accomplish in a half-day intensive?**

A half-day intensive offers a multitude of resources and can help to either increase performance and confidence, or significantly decrease the devastating effects of single event trauma (e.g. negative cognitions, disturbing emotions and body sensations). While significant healing can occur in one half-day intensive, C**omplex PTSD** deserves more treatment than one half-day intensive. Many of my clients experiencing Complex PTSD may continue to work on their trauma histories through monthly, bi-monthly, or quarterly half-day intensives.

**What can I expect to accomplish in a 2 or 3-day weekend intensive?**

Participating in a 2 or 3-day EMDR intensive may create impactful change more efficiently than just weekly, 50-minute sessions or even one half-day intensive. We will identify what format is best for you during your initial consultation.

**Can my insurance help pay for this program?**

No. Insurance will not pay for any service greater than 60 minutes in length for psychotherapy. Many clients save up for an intensive given that it’s a one time cost and continue to see their weekly therapist that is in network with their insurance. You may use your HSA card/account for this service.

**Half-day EMDR Intensive**

***5.5 contact hours + resources/ assessments/ personalized treatment workbook***

***$1,200***

* One 60-minute, pre-consultation interview online to assess for candidacy, gain insight, and identify obstacles. We will also target unpleasant beliefs, body sensations, emotions, or images from which you are seeking relief.
* Assessments to identify symptoms you’d like to alleviate, your attachment style, areas of activation or triggers, strengths you’d like to enhance, and memories or experiences that still need attention and soothing
* Preparation for your intensive treatment experience and articulation of specific treatment goals
* Personalized treatment workbook, which allows you work on your treatment goals before and after EMDR intensive sessions
* One half-day (3.5 hours) of client-centered treatment consisting of EMDR resourcing and reprocessing with Sarah in her Bellevue, WA office
* One 60-minute, post-treatment interview online to assess and support your adaptation to positive changes from treatment

**Full-day EMDR Intensive (weekday)**

***9 contact hours + resources/ assessments/ personalized treatment workbook***

***$2,000***

* One 60-minute, pre-consultation interview online to assess for candidacy, gain insight, and identify obstacles. We will also target unpleasant beliefs, body sensations, emotions, or images from which you are seeking relief.
* Assessments to identify symptoms you’d like to alleviate, your attachment style, areas of activation or triggers, strengths you’d like to enhance, and memories or experiences that still need attention and soothing
* Preparation for your intensive treatment experience and articulation of specific treatment goals
* Personalized treatment workbook, which allows you work on your treatment goals before and after EMDR intensive sessions
* One full-day (7 hours) of client-centered treatment consisting of EMDR resourcing and reprocessing with Sarah in her Bellevue, WA office
* One 60-minute, post-treatment interview online to assess and support your adaptation to positive changes from treatment

**3-day Weekend (Friday-Sunday) EMDR Intensive**

***11 contact hours + resources/ assessments/ personalized treatment workbook***

***$3,500***

* One 60 minute, pre-consultation interview online to assess for candidacy, gain insight, and identify obstacles. We will also target unpleasant beliefs, body sensations, emotions, or images from which you are seeking relief.
* Assessments to identify symptoms you’d like to alleviate, your attachment style, areas of activation or triggers, strengths you’d like to enhance, and memories or experiences that still need attention and soothing
* Preparation for your intensive treatment experience and articulation of specific treatment goals
* Personalized treatment workbook, which allows you work on your treatment goals before, during, and after EMDR intensive sessions
* Three weekdays (9 total hours @ 3 hours/day) of client-centered treatment consisting of EMDR resourcing and reprocessing with Sarah in her Bellevue, WA office
* One 60 minute, post-treatment interview online to assess and support your adaptation to positive changes from treatment

**2 day Weekend (Friday-Saturday) EMDR Intensive**

***12.5 contact hours + resources/ assessments/ personalized treatment workbook***

***$4,000***

* One 60-minute, pre-consultation interview (online available) to assess for candidacy, gain insight, and identify obstacles. We will also target unpleasant beliefs, body sensations, emotions, or images from which you are seeking relief.
* Assessments to identify symptoms you’d like to alleviate, your attachment style, areas of activation or triggers, and memories or experiences that still need attention and soothing
* Preparation for your intensive treatment experience and articulation of specific treatment goals
* Personalized treatment workbook, which allows you work on your treatment goals before, during, and after EMDR intensive sessions
* One weekend (7 hours on Friday, 3.5 hours on Saturday) client-centered treatment consisting of EMDR resourcing and reprocessing with Sarah in her Bellevue, WA office. An additional Sunday morning for 3.5 hours can be added on to this package for an additional $1,200
* One 60 minute, post-treatment interview online to assess and support your adaptation to positive changes from treatment