



# EMDR INTENSIVE

*Post Storm Therapy*





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# WELCOME

Hi, I'm Lizzy Bishop, a licensed professional clinical counselor and EMDR-trained therapist. I offer EMDR intensives because I believe healing doesn't always fit neatly into a 50-minute session. My approach is grounded, collaborative, and paced with care.

Prioritizing safety, nervous system regulation, and your readiness every step of the way. Intensives allow us to focus deeply while still honoring your limits, strengths, and lived experience. You are never rushed, pushed, or expected to "power through" in this work.

I look forward to taking this journey with you.

*Lizzy*

[LIZZY@POSTSTORMTHERAPY.COM](mailto:LIZZY@POSTSTORMTHERAPY.COM)

[WWW.POSTSTORMTHERAPY.COM](http://WWW.POSTSTORMTHERAPY.COM)



# WHAT IS AN EMDR INTENSIVE?



An EMDR intensive is a structured, extended therapy experience that allows for deeper, more focused healing than traditional weekly sessions. Instead of meeting for 50 minutes at a time, intensives involve longer sessions over one or more days.

EMDR helps the brain reprocess distressing experiences so they no longer feel overwhelming or stuck in the nervous system. The intensive format allows time for preparation, reprocessing, and integration without feeling rushed.

Intensives are thoughtfully paced, individualized, and grounded in safety. Breaks are built in, and the pace is always guided by your needs.

## WHO EMDR INTENSIVES ARE A GOOD FIT FOR

- Have experienced trauma (single-incident, complex, or developmental)
- Are impacted by distressing life experiences that continue to affect daily functioning
- Feel stuck in recurring emotional or relational patterns
- Struggle with negative core beliefs (such as "I'm not good enough" or "I'm unsafe")
- Experience anxiety, panic, or chronic stress responses
- Are navigating grief, loss, or significant life transitions
- Feel "stuck" in weekly therapy and want focused time to move forward
- Want deeper work but have limited availability for weekly sessions

## STRUCTURE OF THE INTENSIVE

ONE

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# CONSULTATION AND ASSESSMENT

Free 30 minute consultation to ensure that a EMDR intensive, and therapist is a good fit. A good time to ask questions a 60-90 minute virtual assessment included in the package to gather information and start preparation.

TWO

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# INTENSIVE

This is the time we will create a treatment plan and start working through the EMDR process. This may look different for everyone and is tailored to each individuals needs

THREE

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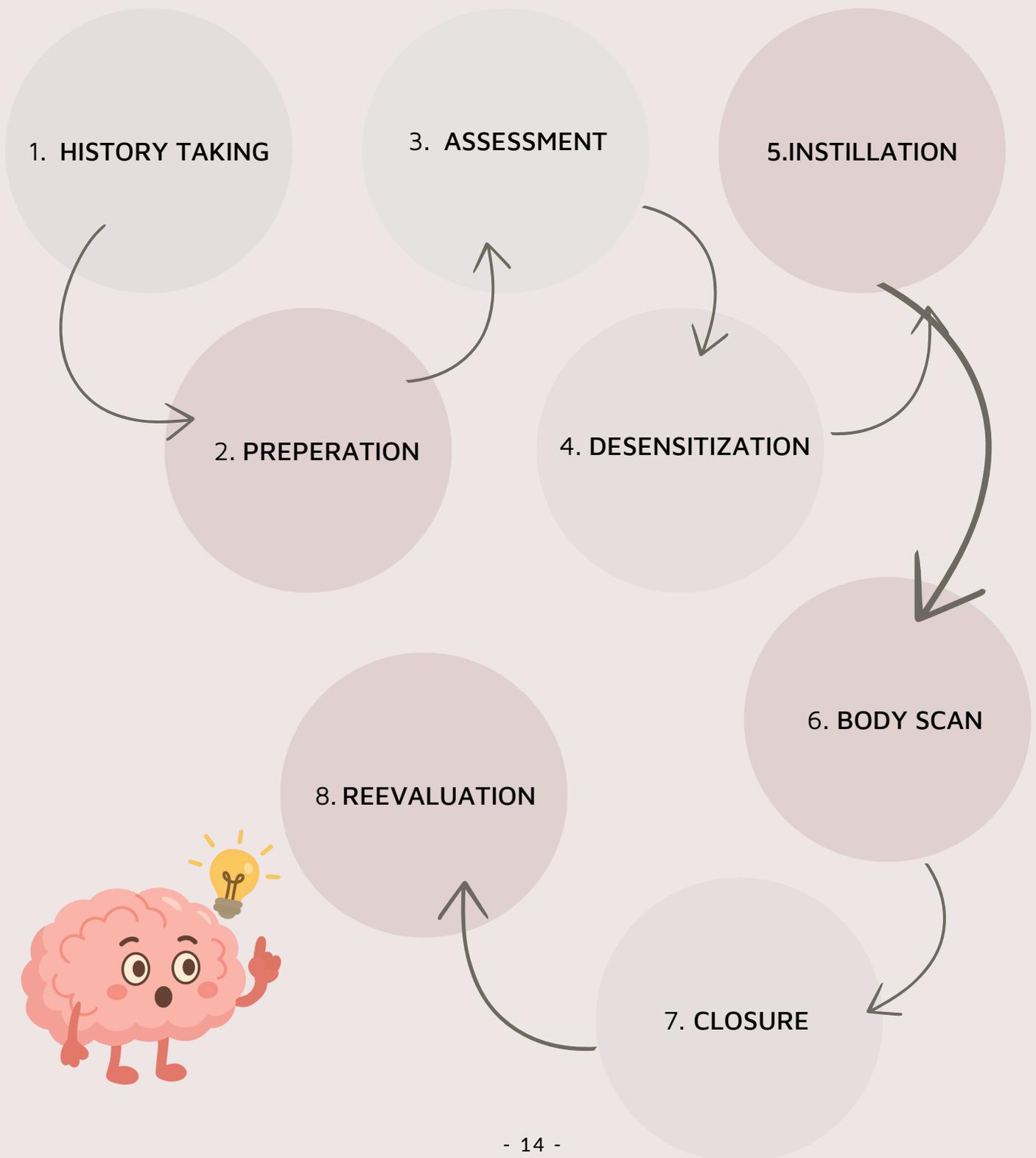
# FOLLOW UP

Post treatment you will be sent some assessments to measure progress. It is strongly encouraged to have 1-2 sessions a month after the intensive. This can be with your therapist or virtually with me via telehealth as long as your are in the state of ohio. If you plan to travel from out of state, I will assist in getting you connected to a therapist in your area.

# Phases

EMDR IS BROKEN INTO 8 PHASES. I WILL GUIDE YOU THROUGH EACH OF THE PHASES DURING THE INTENSIVE.

## 8 Phases of EMDR



# FAQ



**Q:** Is in person better than online?

**A:** Every individual has their own preference and needs. Virtual has shown to be just as effective.



**Q:** Can I do this alongside another therapist?

**A:** Of course!



**Q:** Can I use my insurance

**A:** Unfortunately insurance does not cover intensives. But Klarna allows you to do payments



**Q:** Do I need prior EMDR experience?

**A:** No



**Q:** How do I know how long I need?

**A:** Each person is different. During consultation we will make our best guess on how long we need.



**Q:** How is this different than weekly therapy?

**A:** EMDR intensives allow the brain to stay engaged in the reprocessing process without having to stop and restart each week.

Several hours of EMDR in an intensive format may equal many weeks or months of weekly sessions,

IN PERSON INTENSIVES

# PRICE LIST

<b>FULL DAY</b>	60+90 minute assessment included 8 hours with a 30 min lunch You can book 1 full day or multiple	<b>\$1440</b>
<b>2 FULL DAYS</b>	60-90 minute assessment included Two full 8 hour days May be consecutive or seperated	<b>\$2880</b>
<b>2 ½ DAYS</b>	60-90 minute assessment included 8 full hours broken in to two 4 hour days.	<b>\$1360</b>
<b>WEEKLY EXTENDED SESSIONS</b>	If an intensive feels like it isn't a good fit I also offer extended session from 2-3 hours.weeklybiweekly	<b>ASK ABOUT PRICE</b>

## VIRTUAL INTENSIVES

# PRICE LIST

<b>FULL DAY</b>	60+90 minute assessment included 8 hours with a 30 min lunch You can book 1 full day or multiple	<b>\$1200</b>
<b>2 FULL DAYS</b>	60-90 minute assessment included Two full 8 hour days May be consecutive or seperated	<b>\$2400</b>
<b>2 ½ DAYS</b>	60-90 minute assessment included 8 full hours broken in to two 4 hour days.	<b>\$1150</b>
<b>WEEKLY EXTENDED SESSIONS</b>	If an intensive feels like it isn't a good fit I also offer extended session from 2-3 hours.weeklybiweekly	<b>ASK ABOUT PRICE</b>

# THANK YOU



Thank you for taking the time to learn more about EMDR intensives. Reaching this point often means you are considering meaningful change, and that in itself takes courage.

EMDR intensives are a focused and supportive option for those seeking deeper healing while honoring safety, pacing, and readiness. Whether you are feeling hopeful, unsure, or somewhere in between, all questions and hesitations are welcome.

The next step is a consultation, where we will talk through your goals, history, and current supports to determine whether an EMDR intensive is the right fit for you at this time. There is no pressure to move forward—this conversation is simply an opportunity to explore your options together.

*Lizzy*

LIZZY@POSTSTORMTHERAPY.COM  
POSTSTORMTHERAPY.COM/INTENSIVES

## Coping Skills List

### **Nervous System Regulation**

- Grounding exercises: 5-4-3-2-1 method
- Breathwork: Box breathing, belly breathing
- Progressive muscle relaxation
- Temperature change — cold water on hands/face
- Butterfly hug (bilateral tapping)
- Weighted blanket or pressure stimulation
- Sensory reset: hold ice, sour candy
- Rocking gently or swaying
- Physically orient: name objects around you (colors activity)
- Regulate with heat: warm bath/shower / cool shower reset
- Safe/Calm place visualization with senses

### **Cognitive / Thinking Skills**

- HALT check-in (Hungry, Angry, Lonely, Tired)
- Positive affirmations
- Guided meditation video/audio
- Reframing self-talk (“What would I tell a friend?”)
- Make a list: “What I know is true right now”
- Container imagery for stressors
- Identify and challenge cognitive distortions
- Break tasks into small steps
- Create a coping plan or crisis plan

### **Creative Expression**

- Draw, color, craft
- Scribble emotions out on paper
- Write: journal, poem, letter
- Play or write music
- DIY art (collage, paint-by-number)

### **Mind–Body & Emotional Release**

- Yoga or movement type exercise
- Let yourself cry, scream, grunt — emotional release
- Dance to a song that matches your mood
- Shake it out — tension release
- Heart-focused breathing

### **Distraction & Engagement**

- Watch a favorite show or movie

- Games, puzzles, sudoku, solitaire
- Read a book
- Clean/organize a small space
- Learn something new: free apps, tutorials

### **Sensory-Based Coping**

- Fresh air — go outside, take a walk
- Aromatherapy: calming or invigorating scents
- Cozy textures: soft socks, warm blanket
- Taste strong flavors like sour or peppermint
- Listen to calming music or nature sounds
- Use fidgets or a stress ball

### **Connection & Support**

- Reach out to a friend or trusted person
- Practice asking for help or comfort
- Connect with a therapist or support group
- Movement breaks — step away and breathe
- Call warmline or hotline when needed

### **Meaning & Values**

- Gratitude practice — list 3 things you're thankful for
- Acts of kindness or service
- List personal strengths
- Spiritual practices (prayer, reflection)

### **How to Choose a Coping Skill**

Identify how you're feeling: overwhelmed, numb, angry, anxious, shut down.

2 Match the coping skill to your state:

- Feeling anxious or activated → Try grounding or sensory regulation
- Feeling low energy or stuck → Try movement or connection
- Feeling overwhelmed by thoughts → Try cognitive skills or distraction

