FOCUSED THERAPY. DEDICATED TIME. MEANINGFUL CHANGE.

EMDR Intensives

Sometimes, you know exactly what you want to change - you just don't want to spend months getting there.

An EMDR Intensive offers a different way to engage with therapy: a focused, personalised period of treatment designed around your needs, your goals and the difficulties you want to address.

Rather than meeting for an hour each week, an intensive gives us the opportunity to work together for longer sessions across consecutive days. This creates continuity, momentum and dedicated space for the therapeutic process.

For some people, difficulties such as intrusive memories, phobias or persistent patterns of behaviour can begin to shift within a relatively short period of time.

An intensive does not guarantee a particular outcome or timeframe, but it can provide a powerful opportunity to focus on what matters to you without the interruptions of everyday life.

What is an EMDR Intensive?

EMDR Intensives are a condensed form of therapy, typically involving approximately three-hour sessions over two or more consecutive days/weeks.

Traditional therapy usually takes place in 50–90-minute sessions once a week, often over several weeks or months. An intensive brings the sessions closer together, allowing us to maintain therapeutic momentum and continuity.

You may choose to have your intensive:

IN PERSON

Face-to-face in TW8

REMOTE

Online via Zoom

The structure of your intensive is tailored to you and will depend on your needs, goals and clinical presentation.

Why choose an intensive?

MORE TIME. MORE CONTINUITY. MORE FOCUS.

One of the key advantages of an intensive is the opportunity to stay with the therapeutic process rather than repeatedly stepping in and out of it.

When difficult memories or emotions arise during trauma processing, longer and consecutive sessions mean there is more opportunity to work through what emerges with therapeutic support. You are not necessarily left to sit with something difficult for an entire week before your next appointment.

> ### The intensive format also creates a protected space away from the usual demands of work, family and everyday life.
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> Clients report that they valued this sense of protected space, as well as the continued connection that comes from working together over a concentrated period.

For many people, this can make therapy feel more contained, purposeful and manageable.

What does the research say?

Intensive and condensed approaches to psychological therapy are an expanding area of research.

Research into intensive EMDR suggests that delivering treatment in a concentrated format can be effective in reducing symptoms of PTSD, with outcomes comparable to more traditional weekly approaches in some studies. There is also evidence that intensive formats may help people complete treatment.

As with any psychological therapy, however, results vary from person to person. An intensive is not about rushing the therapeutic process. It is about creating the right conditions for focused therapeutic work.

A therapy designed around you

No two people arrive at therapy with exactly the same experiences, needs or goals.

My approach draws on my clinical knowledge and experience across a range of therapeutic models. The foundation of my work is informed by NICE-recommended treatments, complemented by therapeutic techniques and tools that I have found valuable throughout my clinical practice.

Your intensive will therefore be tailored to you rather than following a rigid, one-size-fits-all programme.

Before beginning, we will take time to understand what has brought you to therapy, what you would like to change and whether an intensive is the right approach for you.

Who might benefit from an EMDR Intensive?

An intensive may be particularly suitable if you:

- Want to dedicate a concentrated period of time to your mental health.
- Find it difficult to commit to weekly therapy over several months.
- Have demanding work or family responsibilities and would prefer to take dedicated time away from your usual routine.
- Want to address a particular difficulty with a clear therapeutic focus.
- Feel ready to make a change and would benefit from a structured, focused period of support.

EMDR Intensives can be particularly helpful for people experiencing PTSD, trauma-related difficulties, phobias, anxiety and depression, depending on their individual circumstances.

You do not necessarily need a formal diagnosis to explore whether therapy could be appropriate for you. An initial assessment allows us to consider your needs, your goals and whether an intensive is clinically suitable.

Giving yourself the space to heal

Life rarely stops to give us time to deal with what has happened.

An EMDR Intensive creates that space.

It allows you to step away from the usual demands of life and dedicate time to yourself, with focused therapeutic support throughout the process.

For some people, that concentrated period can be the beginning of feeling unstuck, reconnecting with themselves and moving forward.

If you are considering an EMDR Intensive, we can begin with a conversation about what you are experiencing, what you would like to change and whether this approach is right for you.