

MARATHON SESSIONS

+

EMDR INTENSIVES

Information packet



What's the difference?

Marathon

- Done on normal workdays only
- There will be people scheduled after you or before you
- No pre or post meet included in the fee
- 2 hour minimum
- 3.5 hour maximum

Intensives

- By appointment only
- Whole day is reserved
- Multiple day options available
- No one is scheduled after or before you
- 60 min prior intake session included in the price
- 30-45 min pre meet included
- 30-45 minute post meet included in the price
- 48 hour check in included
- If something goes sideways in between the appointment and the 48 hour mark I see you for up to 2 additional hours for free

Cost per hour \$165

Fees on the next page

Fees and deposit for intensives

1 day	2 day	3 days +
1500	2700	4000 +

There is a non-refundable deposit of 20% of the chosen payment option which must be paid within 48 hours of booking to hold the appointment.

When you come in or if you need to reschedule, the deposit will be deducted from the overall cost.

Lodging, transportation, and meals not included.

The daily schedule from 10 a.m. to 4:00 p.m. This includes a midday one hour meal break and allows for 3 hours of morning EMDR session and 2 hours of afternoon EMDR session, according to your tolerance each day.

Cancellation with less than 72 hours notice, unless there are extenuating circumstances, may result in an inability to reschedule (please remember, the initial deposit is non-refundable).

**I do require that anyone who is doing intensives or marathon sessions has a primary therapist. **

I do an email, text, or phone call check-in at the 48-hour mark after the intensive ends (just let me know your preference). If within that 48 hours there is a need for an additional appointment or check-in, I will see you for up to 2 hours for free. After that my normal hourly rates of 180.00 per hour apply.

I ask that you schedule your follow up/post-meet appointment with me (included in the price) within 5 to 7 days of the intensive. That is unless you have additional therapist who is providing your follow-up care.

I require anyone who is doing an intensive to have a primary therapist. This is also required for those who do marathon sessions. Since I will primarily function as and adjunct therapist I will not have capacity to see clients who work this way weekly. This way you can get good care moving forward. I will need a release of information on file prior to the intensive so that if consultation with your other provider(s) is needed/desired, this can be accomplished in a timely manner.

Q: Are there any circumstances (other than time and money) under which a prolonged session would not be recommended and you would suggest other options for treatment?

A: Yes, there are a couple:

- If someone is taking a benzodiazepine medication daily.
- If someone has bipolar disorder and is actively in a hypomanic or manic phase or it is the normal time of year where they may cycle into one.
- If someone who is dissociative is not set up with support and does not feel that they can manage their symptoms well.
- If trust is a concern, such as building the therapeutic relationship, then I would recommend weekly or biweekly at first and then potentially consider prolonged session options at a later time.

Q: What's the difference between the intake session and the pre and post meet?

A: The intake session is done prior to the day long intensive. This is a totally separate appointment which can be done virtually or in person. This session focuses on establishing rapport, assessments, and any history gathering needed.

The pre meet is focused on my pre screening questions and to outline the plan for the day of the intensive. I have a set of pre screening questions so that we can make any modifications needed and set you up for success prior to, during and after the intensive. We also always review any questions you may have and setting up after care plans and care.

the post meet is to allow for any questions or feedback that you have after completing the intensive.

Q: Do you have information about local options for food and such?

A: Yes, after booking I will provide you with an office guide with pictures of the building, parking, listings of local food options by the office, and cleaning/health precautions.

I will also send you an office sensory guide which is a separate PDF, as many of my clients are neurodiverse, chronically ill, have chronic pain, or have a combination of specific circumstances in their daily life. All of these can be aggravated by environmental concerns and I want folx to be aware of their surroundings and advocate for their needs.

Q: I have more questions or different questions, when can we chat?

A: I have an initial free 30 minute video consultation I offer which can be booked online at www.lagniappeemdr.com or via email lwood@lagniappeemdr.com.