



Intensive Day Equine-Facilitated EMDR



The intensive nature of this therapy allows for a faster progression through the stages of EMDR and Equine-Facilitated Psychotherapy.

As a result, you may experience quicker relief from the distress associated with traumatic memories, enabling you to integrate these experiences for a faster healing process.

This experience will offer you:

- An eligibility screening appointment
- An initial online assessment appointment via Zoom
- Two intensive sessions of approximately 2 hours each
- Considerate breaks to help manage emotional and mental fatigue
- Tea, coffee and water to keep you refreshed
- Digital photos from your experience to keep as mementos
- Opportunities to engage in pebble painting and work with crystals, which you can take home as reminders of this experience
- A follow-up online appointment to consolidate treatment gains and address any emerging issues

Who is NOT Suitable for This Therapy:

You may not be suitable for this intensive therapy if:

- You are experiencing ongoing severe stress or instability that make it difficult to fully engage in therapy.
- You have a history of complex trauma that requires slower, more gradual processing.
- You struggle with severe dissociation or find it difficult to remain grounded during therapy.
- You cannot take sufficient time off from work or personal commitments to focus on therapy and recovery.
- You lack a reliable support system to help you regulate emotions outside of sessions.

Preparing for This Experience:

- During the assessment appointment, we will set realistic expectations for the therapy process. It would be helpful to come prepared with a sense of what you would like to focus on first.
- This intensive experience can be emotionally demanding, so having friends, family, or a support group to lean on can be very beneficial. They can provide emotional support and help you process your experiences outside of therapy, whether that's by being available to text or talk online if needed. Consider what kind of support you might need.
- Unlike traditional weekly sessions, intensive EMDR therapy involves multiple sessions over a short period, which can be exhausting. It is important to ensure you're getting adequate rest, eating well, and engaging in self-care activities to maintain your well-being. We will explore this further during our assessment appointment. During the program, it is also advisable to spend some time alone and avoid activities that may lead to sensory overload.

Fees:

The programme fee is £950