



Intense Equine-Facilitated EMDR



The intensive nature of this therapy allows for 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, supporting a more efficient and integrated healing process.

This experience includes:

- An eligibility screening appointment
- An initial online assessment via Zoom
- Two intensive sessions of approximately 4 hours each
- Considerate breaks to help manage emotional and mental fatigue
- Tea, coffee, lunch and water throughout the day
- Digital photos from your experience to keep as mementoes
- Opportunities to engage in pebble painting and work with crystals, which you can take home as reminders of the 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 format if:

- You are experiencing ongoing severe stress or instability that makes 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 difficulty staying grounded during therapy
- You cannot take sufficient time away from work or personal commitments to focus on therapy and recovery
- You do not have 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 is helpful to come up with an idea of what you would like to focus on first.
- This intensive experience can be emotionally demanding, so having friends, family, or a support network available can be very beneficial. They can offer emotional support and help you process your experiences outside of therapy, whether through texting or talking online. Consider what kind of support you may need.
- Unlike traditional weekly sessions, intensive EMDR involves multiple sessions over a short period, which can be tiring. Ensuring you get adequate rest, eat well, and engage in self-care is essential for your wellbeing. We will explore this further during the assessment appointment.
- During the programme, it is also advisable to spend some quiet time alone and avoid activities that may lead to sensory overload.

Fees: The programme fee is £750