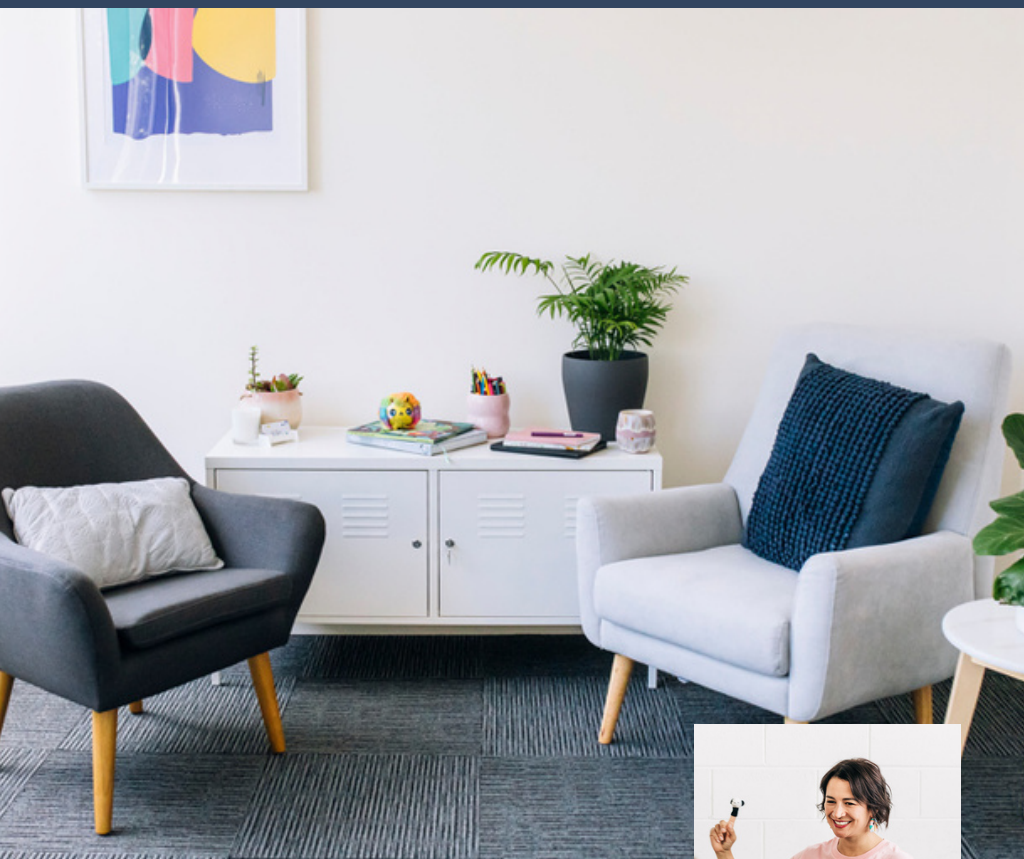


EMDR Intensive Program Information Booklet



The Therapy Hub
www.thetherapyhub.com.au
admin@thetherapyhub.com.au



About The Therapy Hub

Introduction

The Therapy Hub is dedicated to proactively and creatively delivering therapy services to meet the needs of our community.

We are excited to introduce an innovative approach to therapy, including cutting-edge treatment options like our Intensive EMDR Program.

Our commitment to offering EMDR in an intensive format is aimed at providing an efficient and effective way to address trauma-related symptoms. Research has shown that this approach can lead to fast and significant improvements compared to traditional therapy methods.

At The Therapy Hub we strongly believe in the effectiveness of EMDR therapy for treating trauma symptoms. Our intensive program offers extended and frequent sessions, with three options available. The Mini package runs over one week, the Standard over two weeks and the Extended over three weeks.

We're at 1/45 Ryan Street in Footscray, and people travel in from across Melbourne for intensives. Online intensives are available Australia wide.

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About EMDR Therapy

What is EMDR

Eye Movement Desensitisation and Reprocessing (EMDR) therapy, created by Dr Francine Shapiro, is recognised for its effectiveness in addressing psychological conditions such as PTSD, anxiety, depression, and phobias.

Supported by the World Health Organisation (WHO), it's based on the principle that the mind can recover from trauma similarly to the body healing from physical injuries. This therapy uses an eight-phase process, including rapid eye movements, to reduce the impact of traumatic memories.

EMDR therapy asserts that unprocessed memories, stemming from traumatic events, cause negative reactions. It involves focusing on traumatic memories and associated sensations, alongside bilateral stimulation like eye movements. This approach aims to desensitise and reprocess such memories, making them less vivid and distressing. As a result, symptoms like flashbacks or nightmares decrease, allowing more adaptive beliefs to form.

By effectively addressing the impact of trauma, EMDR therapy helps individuals process their experiences promoting a return to psychological health.



EMDR Therapy Intensives

Intensive EMDR Therapy Sessions Explained

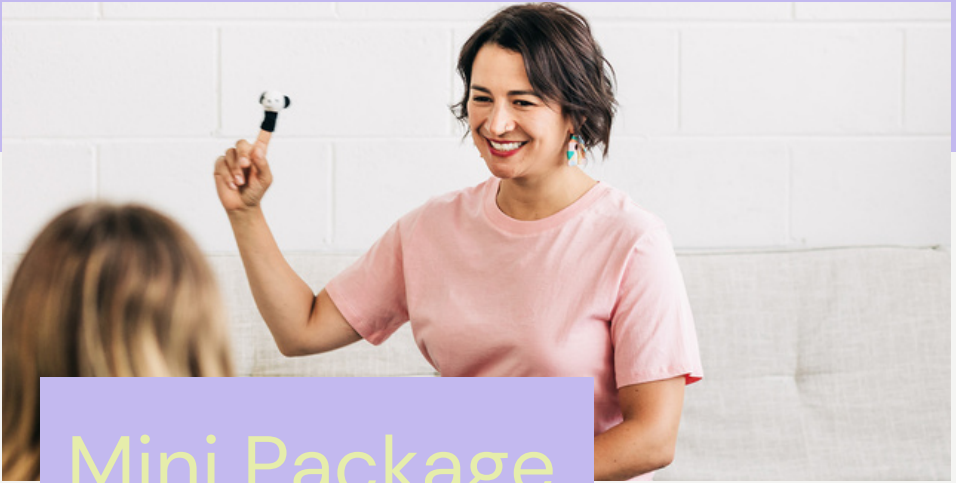
At The Therapy Hub, an EMDR Therapy Intensive offers an accelerated form of treatment, providing a series of focused sessions within a condensed timeframe. It's ideal for individuals seeking quick improvement in psychological health, providing an efficient alternative to traditional, spread-out therapy sessions, with 3-6 months of therapy condensed into 1-2 weeks. Intensives run in person at our Footscray rooms, and online Australia wide.

Unlike traditional therapy, these intensives streamline the process, eliminating the need for initial check-ins, mid-session crisis management, and end-of-session closure activities, making each session more time-efficient and focused.

Who Can Benefit?

EMDR Intensives are designed for individuals across all age groups, including children, who are:

- Ready to tackle specific treatment goals intensively.
- Seeking fast recovery from trauma, PTSD, anxiety, depression, phobias, and other emotional challenges.
- Preferring a deep, immersive therapy experience.
- Highly motivated towards personal growth and healing.
- Not dependent on, or already engaged in regular therapy sessions.
- Looking to build upon the progress made in standard EMDR therapy sessions.



Mini Package

Program 1: Mini Package

The Mini package condenses about three months of fortnightly EMDR therapy into one week, and includes the following.

- Pre and post assessment questionnaire
- 1 x 50 minute assessment and history taking session
- 3 x 100 minute sessions, the equivalent of 6 x 50 minute sessions, booked in one week
- Sessions run Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday
- Handouts and resources
- 1 x 30 minute follow up call within a month of the intensive block

Payment plans available

Cost \$2,660



Standard Package

Program 2: Standard Package

The Standard package condenses about six months of fortnightly EMDR therapy into two weeks, and includes the following.

- Pre and post assessment questionnaire
- 1 x 50 minute assessment and history taking session
- 6 x 100 minute sessions, the equivalent of 12 x 50 minute sessions, booked over two weeks
- Sessions run Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday
- Handouts and resources
- 1 x 30 minute follow up call within a month of the intensive block

Payment plans available

Cost \$4,340



Extended Package

Program 3: Extended Package

The Extended package condenses about nine months of fortnightly EMDR therapy into three weeks, and includes the following.

- Pre and post assessment questionnaire
- 1 x 50 minute assessment and history taking session
- 9 x 100 minute sessions, the equivalent of 18 x 50 minute sessions, booked over three weeks
- Sessions run Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday
- Handouts and resources
- 1 x 30 minute follow up call within a month of the intensive block

Payment plans available

Cost \$6,020

Frequently Asked Questions

What contributes to the effectiveness of Intensive EMDR?

The compact nature of intensive sessions promotes continuous focus and swift advancement by reducing gaps between sessions, which often lessen therapy's effectiveness in standard formats.

Will I receive the same level of care online as I would in person?

Indeed, our online Intensive EMDR sessions are crafted to closely replicate the face-to-face experience, ensuring you receive equivalent care and attention.

How should I prepare for Intensive EMDR therapy?

Preparation includes a pre-therapy assessment, familiarising yourself with the EMDR process, and ensuring you have a supportive environment for the duration of the intensive program.

Is support available after finishing the intensive program?

Certainly. A follow-up call is arranged to review your progress and discuss any additional support you might need, be it further sessions or resources.



Frequently Asked Questions

I already have a therapist, can I book an intensive program?

Yes, individuals who already have a therapist can still book an Intensive EMDR program. It's designed for those who seek accelerated healing from trauma, PTSD, anxiety, depression, phobias, and other emotional challenges.

If you've previously experienced the benefits of standard EMDR therapy and wish to delve deeper or accelerate your progress, an Intensive EMDR program can complement your ongoing therapy work. However, it's crucial to discuss this decision with your current therapist. Integrating intensive sessions with your ongoing therapy plan can enhance your healing journey, provided both your therapist and the intensive program provider coordinate to ensure the best outcomes for you.



Frequently Asked Questions

Can I get any funding or rebates?

Medicare Rebates: EMDR therapy has been on the list of Focussed Psychological Strategies under the Medicare Better Access scheme since 2020, so sessions may attract a rebate. To access one you'll need to see your GP first, talk through what's going on, and be given a Mental Health Care Plan and a referral.

Whether a rebate applies also depends on who you see, because not every practitioner is eligible to provide rebated sessions. We'll be clear with you about this before you book anything.

Private Health Insurance: If you have Extras cover that includes psychology, you may be able to claim part of the fee through private health insurance instead. You can't claim both Medicare and private health for the same appointment.



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The Therapy Hub
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Vic 3011

(03) 9958 8772
www.thetherapyhub.com.au
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