



Transforming Trauma Care: Mastering EMDR Intensives for Complex Cases

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What is an EMDR Intensive?

- Comprehensive EMDR treatment beyond standard sessions
- Differences: Not just an extended session (e.g., 2-4 hours), but a distinct treatment plan
- Benefits: Addresses complex issues and multiple trauma targets in one session



Ideal Candidates for EMDR Intensives

- Disorders: Dissociative disorders, PTSD, complex trauma
- Criteria: Clients needing more than standard session duration
- Specific Needs: Veterans, clients with significant trauma history



Example: Handling Seizures During EMDR

- Seizure Risk: EMDR can sometimes induce seizures, especially with PNS (Persistent Neurogenic Stress)
- Procedure: Continue tapping during seizures to maintain therapeutic process.
- Case Example

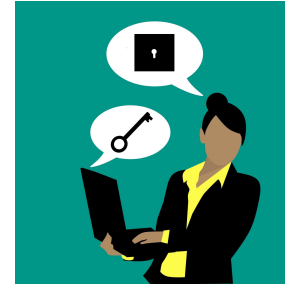


Readiness: Specific Considerations

- Motivation
- Emotional Resilience
- Time Constraints
- Financial Resources



Readiness: Therapist Readiness



- Experience
- Higher Level of Knowledge
- Certification
- Access to consultation



Developing a Treatment Plan

- Approach: Identify and prioritize trauma targets
- Flexibility: May not follow chronological order, but focus on current issues first
- Client Preparation: Ensure clients are ready for intensive work (e.g., prior DBT treatment)



Specialized Needs or Disorders

- Medication considerations
 - Schedule
 - How it can interfere with regulation/ processions



Safety Considerations

- Ensure there are not objects that could cause injury.
- Consider Noise Levels and potential distractions.
- Evaluate environment for comfort and safety.



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Ideal Space for EMDR Intensives

Key Elements:

- Large and spacious room
- Minimal furniture to prevent injury
- Quiet, private location to reduce distractions

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Scheduling and Structure

Example Schedule:

- Morning Session: 8 AM - 12 PM
- Lunch Break: 12 PM - 1 PM
- Afternoon Session: 1 PM - 5 PM
- Review of targets at the end of the day

Flexible Plans: Adjust to client needs

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Client and Partner Involvement

- Encourage significant others to join at start and end
- Discuss progress, future plans, and address partners concerns



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Post-Intensives Follow-Up

- Review and check on progress one or two weeks later.
- Plan for potential future sessions if needed.



Informed Consent

- Obtain verbal/written consent specific for intensive therapy
- Include expectations, costs, and any special considerations



Ethical and Practical Considerations

Ethics:

- Stay within your scope of expertise
- Consult with colleagues

Self-Care:

- Be mindful of your physical limitations during long sessions



Questions

