

Preparing For Your EMDR Intensive Session

There are a few things that are helpful to know and/or do to prepare for your EMDR Intensive session:

Space/Supplies:

- Quiet, private space where you won't be disturbed. If others are present, you might want to hang a "Do Not Disturb" sign or some other reminder on the door.
- If at all possible, have a wired internet connection on a laptop or desktop computer. This will minimize connectivity problems.
- Charge any devices you'll be using if they aren't plugged in and have chargers nearby just in case.
- Turn phone/texting to silent or off.
- Gather comfort items like a box of tissues, a favorite blanket, and pillows. You may also want to have a journal and/or drawing supplies handy.
- It's helpful to have drinking water close by.

Session Format:

- We'll be taking one or more breaks during the session, depending on how things are progressing. If you want/need to take a break at any time, just let me know.
- We'll start with a few minutes of checking in and answering any questions you have, including any worries about the session itself.
- We'll try out your app and camera setup to make sure everything is working well.
- We may do some EMDR Resourcing, which is a skill-building exercise. This is to help with managing anxiety. This sometimes is also done during EMDR Therapy, depending on how things are progressing.
- We'll identify the target or targets to work on with EMDR Therapy.
- Then it's time to work!
- At the end of the session, we'll allow a few minutes for debriefing.

You don't need to think about the content we'll cover ahead of time. It's actually beneficial to come into the session well-rested and without feeling triggered. There will be plenty of space during the session to think and feel everything you've been carrying.

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