



CHILDHOOD TRAUMA & EARLY EXPERIENCES

FIT EMDR INTENSIVE PROGRAM

Old wounds can keep you stuck in survival mode. Our intensives offer focused, clinician-guided EMDR to help you move forward.



HOW IT WORKS

1 GET READY

15-minute consultation, then a 90-minute Assessment & Preparation session.

\$350 due at assessment

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2 DO THE WORK

A 2-, 4-, or 6-hour intensive. Your clinician recommends the length.

Balance due before intensive

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3 MOVE FORWARD

30-minute follow-up about a week later to review changes and next steps.

Included

PROGRAM PRICES

Returning client? Ask us about your pricing.

2-HOUR FOCUSED

TOTAL PROGRAM PRICE

\$975

Paid at assessment -\$350

Remaining balance \$625

4-HOUR SIGNATURE

TOTAL PROGRAM PRICE

\$1,475

Paid at assessment -\$350

Remaining balance \$1,125

6-HOUR EXTENDED

TOTAL PROGRAM PRICE

\$1,975

Paid at assessment -\$350

Remaining balance \$1,625



Your \$350 assessment payment counts toward your total. It is not an extra fee.

EVERY PROGRAM INCLUDES

- ✓ 90-min Assessment & Prep
- ✓ 2-, 4-, or 6-hour intensive
- ✓ Prep materials / workbook
- ✓ 30-minute follow-up

NOT MOVING FORWARD?

If you or your clinician decide not to continue after the assessment, **nothing more is due.** Your \$350 covers the completed assessment session.

NEED FLEXIBILITY?

Payment plans may be available through a third-party provider, who sets approval and terms. Ask us for details.

WHAT TO EXPECT

BEFORE, DURING, & AFTER YOUR INTENSIVE

A simple guide to getting ready for your FIT EMDR Intensive.



1 BEFORE YOUR INTENSIVE GET READY

- Complete your 15-min consultation & 90-min assessment
- Choose your focus with your clinician
- Practice grounding skills & finish any prep work
- Complete any workbook or preparation activities
- Keep your schedule light around intensive day

2 DURING YOUR INTENSIVE DO THE WORK

- Your clinician guides the EMDR process using your treatment plan
- Breaks, check-ins, & pacing are built in
- Pace or focus may shift as you go
- You are encouraged to ask for a pause anytime you need one

3 AFTER YOUR INTENSIVE MOVE FORWARD

- Notice what comes up in the days after
- Use the strategies your clinician recommends
- Attend your 30-min followup about a week later
- Review what shifted & discuss any next steps

! IMPORTANT TO KNOW

Fit comes first

An intensive is not right for everyone. Your consultation and assessment help determine readiness.

Results vary

Your clinician can't guarantee that a specific memory or symptom will fully resolve in one intensive.

Safety sets the pace

Your clinician may suggest a different length, more prep, or another approach.



READY TO TAKE THE FIRST STEP?

Call 301-679-7753 or schedule an appointment to get started.

[Schedule an Appointment](#)