

INTENSIVE EMDR: INFORMATION FOR REFERRERS

INTENSIVE EMDR (IE) is a course of EMDR therapy delivered by a team of therapists over 5 consecutive days (Monday -Friday) for a period of two weeks.

IE therapy is evidenced-based and results in quicker taxing and desensitisation of trauma memory networks and associated emotional and somatic charge, resulting in a more rapid reduction of PTSD symptoms than regular therapy (Van Woudenberg et al, 2018; Bongaerts et al 2017).

IE allows 4 months of regular trauma-focussed therapy to be condensed into a much shorter period of time. A faster symptomatic recovery will result in enhanced functioning including vocational rehabilitation.

INTENSIVE EMDR PACKAGE INCLUDES:

COMPREHENSIVE TRAUMA-FOCUSSED ASSESSMENT (2X 2 HOUR)

3 PREPARATION SESSIONS PRIOR TO TWO-WEEK THERAPY BLOCK (10 SESSIONS)*

10 SESSIONS OF EMDR THERAPY (TWO-WEEK BLOCK)

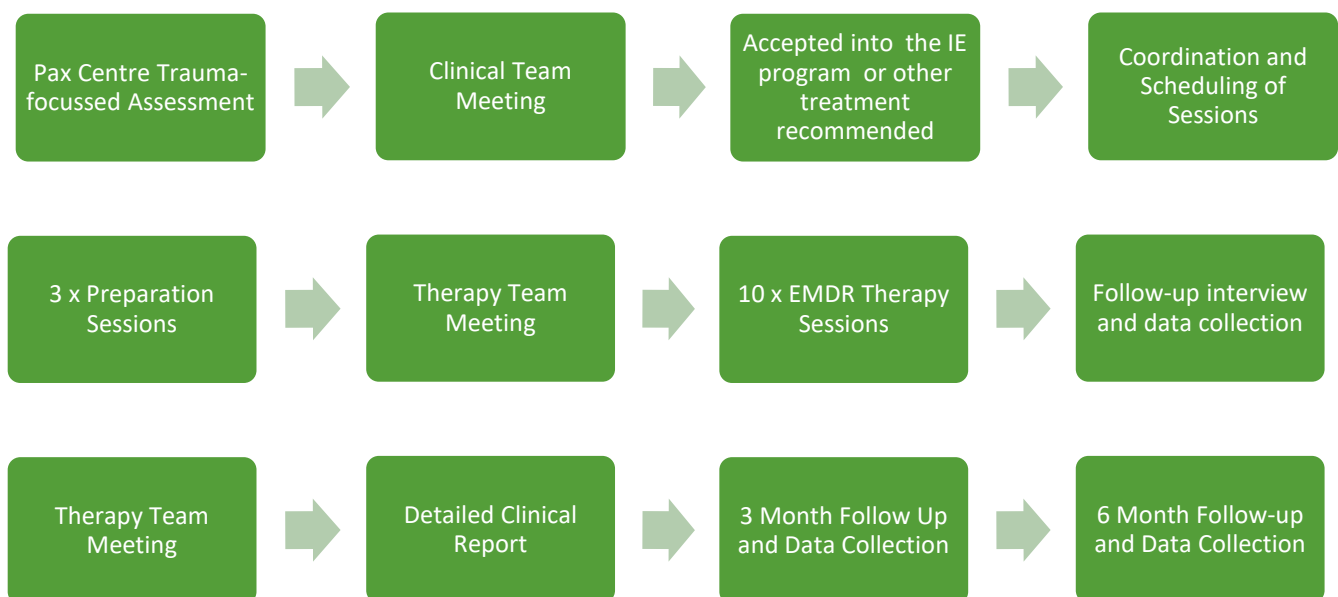
FOLLOW UP APPOINTMENT, INCLUDING VALIDATED SCREENS

DETAILED CLINICAL REPORT COMPLETED BY THE PRIMARY THERAPIST

TOTAL COST: \$7990

*if additional preparation sessions are required, this will be charged pro rata

Our Process



What are our inclusion and exclusion criteria?

Inclusion criteria:

- Established diagnosis of PTSD or complex PTSD or
- Significant history of psychological trauma impacting on current mental health and functioning

Exclusion criteria:

- Active suicidal risk including current plan and intent
- Acute psychosis
- Substance use -unable/unwilling to reduce leading up to and during the period of intensive therapy. Inclusion in programme will be a clinical decision of senior group of therapists. Substance use must not be the primary diagnosis.

Our process:

Step 1: Trauma-focussed assessment

This will be completed over 2 appointments, each appointment approximately 2 hours in length.

Trauma-focussed assessment will include a comprehensive clinical interview, combined with the completion of the following validated screens:

- Depression Anxiety Stress Scale (DASS)
- World Health Organisation Quality of Life Questionnaire (WHOQOL)
- Posttraumatic Stress Checklist (PCL-5)
- International Trauma Questionnaire (ITQ): questions C1-C9 only
- Dissociative Experience Scale (DES)-colour coded
- Brief Risk Assessment (BRA)
- Life Events Checklist (LEC-5)
- Benevolent Childhood Experiences (BCE) Questionnaire

During the trauma-focussed assessment a post IE follow-up plan will be devised.

Step 2: Clinical Team meeting

A senior group of therapists will review the comprehensive assessment to determine client's readiness/suitability for entry into the program. **If the client is deemed not suitable to proceed further a summary of the assessment and suitable recommendations will be provided back to the referrer. The cost to date is \$3200.00.**

Step 3: Allocation of primary therapist and primary psychiatrist

Step 4: Schedule preparation sessions (3x 1 hour daily)

These sessions will focus on:

- Psychoeducation regarding psychological trauma, neurobiology of trauma, post-traumatic growth
- Psychoeducation regarding EMDR therapy
- Resource installation/self-soothing skills development and enhancement
- GOLDEN THREAD case conceptualisation:
Mapping of trauma memory networks
Hierarchy of trauma memories

Step 5: Confirmation of dates Intensive EMDR (IE) therapy sessions will be occurring

Step 6: Commencement of IE

- Process according to GOLDEN THREAD Case Conceptualisation
- Client to be encouraged to exercise immediately post EMDR followed by self-soothing exercise
- Support will be available to client outside of therapy session if required.

Step 7: Follow-up appointment and completion of validated screens within one week of finishing IE either face to face or via Zoom

Step 8: Therapy team meeting: review of progress made, and follow up plan revised.

Step 9: Completion of detailed clinical report

Step 10: 3/12 post IE brief follow-up interview and data collection to be conducted by primary therapist

Screens to complete: DASS, WHOQoL, PCL-5

Step 11: 6/12 post IE brief follow-up interview and data collection to be conducted by primary therapist

Screens to complete: DASS, WHOQoL, PCL-5

FOR MORE INFORMATION REGARDING THE INTENSIVE EMDR PACKAGE PLEASE CONTACT THE PAX CENTRE ON 9455 5440, OR TO LEARN MORE ABOUT PAX CENTRE'S MISSION, TEAM, AND SERVICES PLEASE VISIT OUR WEBSITE ON WWW.PAXCENTRE.COM.AU

References:

Bongaerts, H, Van Minnen, A, de Jongh, A. (2017). Intensive EMDR to Treat Patients With Complex Posttraumatic Stress Disorder: A Case Series. *Journal of EMDR Practice and Research*. <http://dx.doi.org/10.1891/1933-3196.11.2.84>

Van Woudenberg, C., Voorendonk, E.M., Bongaerts H., Zoet, H.A., Verhagen M., Lee, C.W., van Minnen, De Jong, A. (2018). Effectiveness of an intensive treatment programme combining prolonged exposure and eye movement desensitization and reprocessing for severe post-traumatic stress disorder. *European Journal Of Psychotraumatology*. <https://doi.org/10.1080/20008198.2018.1487225>