

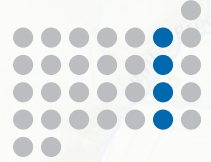
Eye Movement Desensitization & Reprocessing Retreat

from United Counseling Service

An opportunity for individuals or loved ones dealing with trauma to heal in beautiful Southern Vermont.



Fridays in October, 2022



WHAT IS EMDR?

EMDR is a client centered therapeutic approach that focuses on traumatic memory processing. Trained EMDR Clinicians utilize techniques that guide patients to bring attention to traumatic memory or negative cognition(s) while the bilateral stimulation is employed.

THE GOAL

To reduce the persisting psychological impacts caused by traumatic memory through modifying how the memory is stored.

The length of the retreat can vary in length from one to several days and will be determined by the needs identified in the initial consultation and assessment meeting.

TO GET STARTED

In the initial consultation and assessment meeting, you will meet with a licensed clinician through United Counseling Service's FAST (Find Access to Service and Treatment) team who will provide information about the program and review your mental health concerns, history of treatment, current life situation and supports as well as your hopes and goals for treatment. You will complete screenings for anxiety, depression, domestic violence, PTSD, disassociation or social thinking. The FAST team is there to answer any questions you may have. Appropriateness for the intensive therapy retreat will be determined during this time.

The initial consultation is \$360, and total cost will be determined after the consultation. Private insurance is currently not accepted.

Contact Lori Vadakin: (802) 442-5491
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