

# CHRISTINA GRANADOS THERAPY



**EYE MOVEMENT DESENSITIZATION & REPROCESSING THERAPY  
(EMDR) INTENSIVE THERAPY**

[www.christinagranadostherapy.com](http://www.christinagranadostherapy.com)



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# Welcome!

I look forward to hearing you!

Thank you for considering me as your therapist for EMDR Intensive Therapy. This introduction is to provide you with a brief overview of my EMDR Intensive Therapy services including benefits; common issues treated; cost; and who can benefit from intensives.

Whether you travel a lot, have a busy schedule, or want to feel better sooner, EMDR Intensive therapy may be right for you. With EMDR Intensive Therapy, you are investing in your healing and growth.

I look forward to hearing back from you so you can get a jump start on your healing! After you have reviewed this packet and would like to get started, take the next step, schedule your complimentary [15-minute consultation here.](#)

Sincerely,

*Christina Cyranados, LCSW*

Licensed Clinical Therapist

EMDRIA Certified Therapist and Consultant

Email:

[christina@christinagranados.net](mailto:christina@christinagranados.net)

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# EMDR Intensive Therapy

AN ACCELERATED APPROACH FOR  
HOPE, HEALING, AND GROWTH

## BENEFITS

### *Less Time In Office*

- Dedicate 2-4 days instead of 12 weeks.
- Highly concentrated and highly focused sessions.
- Quickly process more information in a shorter period.
- Move towards healing and relief at an accelerated pace.

### *Offered as Adjunct*

- Ability to collaborate with your primary therapist.

### *Flexible Plans*

- Intensive plans to fit your scheduling needs.

EMDR Intensive Therapy is a brief, intensive treatment designed to accelerate healing by incorporating multiple weekly sessions into a condensed period.

Who can benefit?

- Those who are highly motivated to do the “deeper” work.
- Those who find it difficult to attend weekly sessions due to busy schedules.
- Those who want to maximize outcomes in a shorter period.

## Effective Approach in Treating

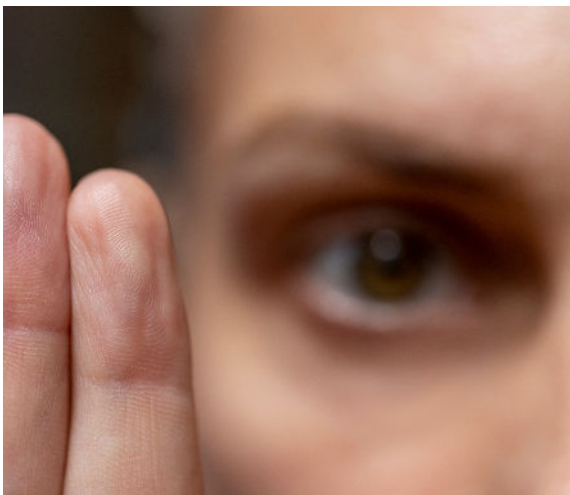
*A recent single traumatic event*

*A specific distressing or disturbing issue*

*A traumatic memory*

*Performance Anxiety*

*...and more*



# EMDR Intensive Therapy

## PACKAGE PRICE LIST

### HALF-DAY\*

\$2,325

OFFERED MONDAY TO THURSDAY EITHER 9AM- 12 PM OR 12PM TO 3 PM

- (1) 2-hour pre-intensive interview
- 3 hours x 4 consecutive days
- (1) 55-minute post intensive follow-up (via zoom)
- 12 weeks of therapy completed in *four days*

### FULL-DAY\*

\$2,635

OFFERED MONDAY TO THURSDAY 9 AM - 4 PM

- (1) 2-hour pre-intensive interview
- 7 hours x 2 consecutive days
- (1) 55-minute post intensive follow-up (via Zoom)
- 12 weeks of therapy completed in *two days*

### EXTENDED SESSIONS

\$2,325

OFFERED MONDAYS TO THURSDAYS 9 AM - 4 PM

- (1) 2-hour pre-intensive interview
- 1.5 hours x 4 consecutive days x 2 weeks
- (1) 55-minute post-intensive follow-up (via Zoom)
- 12 weeks therapy completed in *two weeks*

### SINGLE EMDR INTENSIVE\*

\$465

OFFERED TUESDAYS TO THURSDAYS BASED ON AVAILABILITY

Uncertain about EMDR Intensive? Try a single EMDR Intensive session.

- (1) 2-hour pre-intensive interview
- (1) 2-hour EMDR Intensive Session

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# EMDR Intensive Therapy

## FAQ

### IS EMDR INTENSIVE THERAPY RIGHT FOR ME?

EMDR Intensive therapy **may not** be suitable for those who:

- With life-threatening drug or alcohol abuse, or self-harm behaviors
- Unstable or unsafe living situations
- Do not have a healthy and appropriate support system
- Have had a recent psychiatric hospitalization or recurring suicidal ideations
- Have a history of experiencing psychosis
- In certain situations, a referral from a primary therapist may be required before participating in EMDR Intensive Therapy.

### HOW DO I SCHEDULE AN EMDR INTENSIVE THERAPY SESSION?

- Step 1 - [Request a 15-minute introduction](#)
- Step 2 - If appropriate, a 2-hour pre-intensive interview will be scheduled.
- Step 3 - At the end of the 2-hour interview, we will determine which intensive is appropriate and reserve your spot.
- Step 4 - Upon completion of intensives, a post-intensive interview will be scheduled.

### IS A DEPOSIT REQUIRED?

- Yes, a 50% deposit is required to reserve your intensive appointments.
- The balance will be due 48 business hours before the first scheduled intensive.
- Payment plans are accepted for the balance remaining after the 50% deposit as long as the balance is paid at least 48 business hours before your first intensive.
- Should you need to cancel (without rescheduling) you will receive a refund on your deposit minus a \$150 administrative fee as long as cancellation occurs *10 business days before your appointment.*

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# EMDR Intensive Therapy

## FAQ

### HOW DO I KNOW WHICH EMDR PACKAGE IS RIGHT FOR ME?

- During your pre-intensive interview, we will determine which package will best fit your needs.

### DOES INSURANCE COVER EMDR INTENSIVE THERAPY?

- Insurance does *not* cover intensive therapy sessions therefore all EMDR Intensive Therapy sessions are self-pay.
- Forms of payment accepted are Health Service Accounts (HSA), Flexible Spending Account (FSA), Visa and Mastercard.

### WHAT IF I LIVE OUT-OF-STATE?

- Not a problem. If you live out of state, you can take advantage of EMDR Intensive Therapy.
- Intensives take place at the office which is centrally located in Wichita KS.
- Hotel, Transportation and meals are **not** included in EMDR Intensive Therapy.

### I HAVE OTHER QUESTIONS

- Perfect! Let's connect. Feel free to [email any questions to me](#) and I will be happy to answer your questions.

[Schedule your initial meeting](#)



# LEARN MORE

ABOUT EMDR



LEARN MORE