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EMDR Therapy Treatment Outline for Betrayal Trauma\*

\*to be adjusted to the client’s individual treatment needs upon initial visit:

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| Date | Description | Number of Sessions (1 session: 50 min, $185; longer sessions will be prorated at the above session fee) |
| Visit 1 | -Intake: Assessment of medical and relationship history;  - Set up of “Calm Place” Resource (necessary for beginning of EMDR therapy treatment);  -Set up of anxiety management strategies;  -Resources to calm down the nervous system. | 1 (session duration can be extended to help process the stress response with less visits; session duration up to 90 min) |
| Visit 2 | -Processing of discovery of behaviors and associated stress responses. | 1 (session duration can be extended to help process the stress response with less visits; session duration up to 90 min) |
| Visit 3 | -Completion of processing of discovery;  -Re-evaluation and setting of goals for next 3 sessions, e.g.,  -Trauma from staggered disclosure;  -Trauma from previous/incomplete relationships. | 1 (session duration can be extended to help process the stress response with less visits; session duration up to 90 min) |
| Visit 4 | -Processing of events and associated stress response as specified at the end of visit 3. | 1 (session duration can be extended to help process the stress response with less visits; session duration up to 90 min) |
| Visit 5 | -Processing of events and associated stress response as specified at the end of visit 3. | 1 (session duration can be extended to help process the stress response with less visits; session duration up to 90 min) |
| Visit 6 | -Evaluation if additional 3 sessions are necessary or if successful behaviors have been established; instructions and strategies for behavior maintenance. | 1 (session duration can be extended to help process the stress response with less visits; session duration up to 90 min) |

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