



MH Matters, LLC

www.gowithhealing.com

Elizabeth Hinkle, LMFT, LCMFT

Certified EMDR Therapist

Intensive Session Sample Schedule

Times are approximate/treatment is personalized

Intensive sessions are telehealth for clients in VA/KS/WA

Time	Task/Activity	Goals
10:00 am - 11:15 am	Assessment	Background, expectations, areas you feel stuck
11:15 am - 11:30 am	Break	Care for yourself
11:30 am - 12:15 pm	Planning & Goals	Set goals/targets & get to know parts of you/relationships
12:15 pm - 1:15 pm	Lunch on your own	Hydration/nutrition/personal needs
1:15 pm - 2:00 pm	Building Resources	Coping skills (current & new); EMDR skills; what parts need
2:00 pm - 2:15 pm	Break	Care for yourself
2:15 pm - 3:15 pm	Integration	Integrate
3:15 pm - 3:30 pm	Wrap Up	Discussion of needs, goal attainment/future goals

Are you ready to get unstuck? Scan the QR code to schedule a free 15-minute consultation with Elizabeth to get started!



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