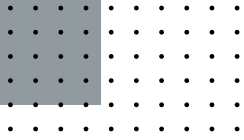


INTENSIVE COUNSELING RETREAT



INTENSIVE COUNSELING OFFERS RAPID HEALING IN A MATTER OF A FEW DAYS, RATHER THAN MONTHS OR YEARS.

Have you been in counseling for months or years working on letting go of childhood trauma, only to find that you have a good understanding that it wasn't your fault, but you still can't stop feeling bothered by it?

Have you spent many hours, hundreds, or even thousands of dollars for therapy for a long time hoping that the next therapist is going to help alleviate the painful memories from your life?

Have you listened to podcasts, read self-help books, done yoga, meditate, exercise, repeat positive affirmations, attend church, counseled with your pastor or religious leader, and still feel the weight of the past weighing on your mind or even affecting your body?

If you can relate to any of these things mentioned, you may benefit from attending an Intensive Counseling Retreat.

Make an investment in your mental health and overall well-being. The cost of happiness is a lot less than what is spent struggling through days, months, and even years trying to find peace.



BEFORE THE RETREAT

Most days seem like a chore, and you struggle just getting through it. The simple routine things seem impossible to manage or require a lot of effort and energy. You feel exhausted, lethargic, and have foggy thinking. Some days you don't even want to function, you'd rather lay in bed, check out watching tv, or distract yourself with meaningless activities. You're counting down the hours waiting for work or your day to end.

Your life is decent, but you don't feel happy or satisfied. Your emotions are out of control or don't match what is happening. For instance, you have anxiety while watching tv at home with family. You know that your family loves you or you love them, but you don't feel it. You only know it in your head. These are examples of how trauma can affect us daily.

AFTER THE RETREAT

Healing happens on the inside and shows on the outside. We all have the right to happiness and deserve to live in peace. If we have unresolved trauma, and worse, childhood trauma and we struggle to let go of it in our adult lives, it's time to do something about it. Just because hard things happen in life, including trauma, it doesn't mean our entire life has to be hard.

When trauma is resolved life seems to gain momentum and meaning. You may experience what is known as Post-Traumatic Growth (PTG). Some signs of PTG include improved relationships with family and friends. You may sense a new appreciation and gratitude for life and your priorities may change. A deeper level of awareness, spiritual growth and the development of a clearer purpose may happen. You may gain new interests, perspectives, and possibilities, as well as gain personal strength, confidence, and authenticity.

ABOUT TRAUMA

Research tells us that when we experience stressful and traumatic events cortisol is released and an increase in adrenaline. The fluctuating neurotransmitters decrease neural homeostasis preventing information processing from properly functioning and memories are stored in a disturbing state that makes us more susceptible to being easily triggered in the future when similar situations occur.

We also know that nurturing and consistent care in childhood, help to build cortical connections in a baby's brain that help with regulating emotions more effectively as we get older. The absence of this care can lead to traumatic experiences being stored in the nervous system in a maladaptive way, that can manifest later in life in obvious and subtle ways.

In the field of trauma, we identify Big "T" and little "t" traumas. Trauma is not only about what happens, but also about what doesn't happen.

Big "T" Trauma

Big "T" traumas are more intense, severe, traumatic events that are often life-threatening.

Examples of big "T" traumas include war, natural disasters, car accidents, attacks including rape, or violence that can result in death.

We may be subjected to the big "T" trauma or witness these things. Often what follows is a sense of helplessness, nightmares, guilt, anger, intrusive thoughts, and emotions- and other symptoms. Big "T" traumas can lead to post-traumatic stress.

Little "t" Trauma

Things such as divorce, lack of parenting, bullying, moving, job loss, rejection, or exclusion are ordinary occurrences in life but can hinder a person's ability to feel happiness or lack feeling close to people. Little "t" traumas tend to be a direct and personal insult or injury to a person.

It may create a sense of distrust of others or a guarded feeling. It can lead to not letting people get too close to you. You may not experience post-traumatic stress, but you may have ongoing stress and overwhelm, that ruin your days. Mundane and routine situations may seem uninteresting, unfulfilling, and feel like a chore.

When trauma happens, be it big or little "T" trauma, it manifests over again. Despite your efforts, logic, and telling yourself that it is old stuff, or it doesn't matter anymore, it may still wreak havoc on your life. You may not be able to prevent it from popping up in your mind and you can't control when the memories emerge.

Sure, it may be in the background of your mind, but it's still there. It has a relentless way of letting you know that it's there. It can show up in ways of low self-esteem, self-doubt, or second-guessing yourself. It can affect your relationships in a subtle way. You may have people that love you and you love them, but it is more of a thought, rather than a feeling. You may have emotions like self-loathing, anxiety, or depression, but no evidence in life that explain why you feel this way.

Think about something from childhood that bothered you or was very intense and traumatic. What happened? Who is involved? How old were you? Remember how you felt, what you thought, and your actions when it happened. Now, check your body from head to toe. Do you notice any sensations? Positive, negative, or neutral. What does the sensation feel like? Heavy in your gut, tight shoulders, tense muscles in your neck and back? Or is your body, relaxed, loose, and calm? If you experience discomfort in your body or negative emotion, then that is unresolved trauma.

Again, trauma is not only about what happens, but also about what doesn't happen- particularly in childhood.

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Imagine this:

Dad's an alcoholic and rages at mom almost daily. He often belittles and curses at her. He yells at her and you- the child. Dad occasionally gets abusive or can be very aggressive breaking things and slamming doors when he's drunk. Mom tries hard to appease him to calm him down, but often it doesn't work. He will rage and be aggressive until he passes out.

As a child, you have witnessed this all your life. In fact, you can't remember a time when he wasn't drunk or yelling. Mom was scared and would quickly try to react to him and try to scurry you away to your room to get out of the line of fire from dad. While sitting in your room listening to what is going on you finally fall asleep. All night long, for days, months, and years, you go through this. Mom feels like you're okay because dad's not taking it out on you (too much) and doesn't console or talk to you about what happens. You are left to yourself to calm down and get over it.

If a child doesn't have a sense of safety, a nurturing caregiver that provide positive reassurance from their emotional distress, it can be difficult for the child to move through negative emotions with ease. If the child is on their own to navigate alone the internal world of their emotions and thoughts, it can be difficult. The mental and emotional wounds a child has will slowly start to subside. However, the next time dad is drunk and raging, it can trigger the emotional distress of the child much faster. What happens when he grows up? Whenever anyone looks, sounds, or makes him feel the same way dad did when he was young, the now adult will react and feel the same way he did when he was a child.

Lack of nurturing attention from a caregiver and having to sit with the emotional and mental distress as a child can be just as harmful as direct abuse to him. It is in our child-parent relationship that we begin to gain a sense of worth, identity, communication, and relationships. If our childhood relationship with our parents or those in charge of caring for us, is unhealthy, unsupportive, distressing, or abusive it could negatively affect how you relate to other people later in life.

Unresolved trauma can impact our self-worth, and add to self-doubt, and negative self-talk. Unresolved trauma can affect our ability to feel happy because when we have learned to shut down and ignore the bad feelings, it results in shutting down most feelings, including the positive and good feelings. That's how trauma affects us. It can affect our relationships with the people we love. Love and caring can be more of a thought experience but not a felt feeling. This means that you know in your head that you love family or that they love you, but it is only a thought. You don't feel the positive mushy feelings in your body or senses. But you think it.



Trauma can be life-changing and have profound effects on our functioning, tolerating emotions, and relationships, a distorted perception of the self, and an inability to dream about the future. Happiness can feel like a far reach daily.

WHY INTENSIVE THERAPY?

SO YOU CAN GET YOUR LIFE BACK
AND MOVE FORWARD



- Rather than weekly sessions spread out over months or years, achieve the same results within days.
- Overcome PTSD, childhood trauma impacting adult life, and childhood abuse or neglect.
- Restore a healthy sense of worth and identity, regain control of your feelings and life, and let go of the past.

WHERE:



RELAX AND HEAL IN THE CHARMING
LITTLE TOWN OF VERNAL, UTAH

- A quaint little town, Vernal City has year-round community events (vernalcity.org) that you can indulge in when taking a break from the work of healing.
- Traveling to Vernal is 2 hrs. 57 mins. NE from Salt Lake City Airport. Fly into Vernal Airport or enjoy the drive.
- Vernal, Utah is a beautiful area located in Uintah County. There are many outdoor sites to see include mountain biking at McCoy Flats, water sports and hiking at Red Fleet, nature's call and beauty at Moonshine arch, white water rafting down the Green River, Petroglyph exploration at McConkie Ranch, several dinosaur museums including Dinosaur National Park and other majestic and historical sites to see.

LODGING: There are many hotels to choose from in Vernal while attending your intensive counseling retreat. You can even find an Airbnb for homey comfort and a kitchen to cook homemade meals. Call the Ledgestone Hotel directly and get a discount when you mention "EMDR 808." The hotel is located at 679 W Main Street, Vernal, Utah 84078. Phone 435-789-4200.

MEALS: Vernal has a variety of restaurants to choose from. Eat out or have food delivered to your hotel with Door Dash.

LOCATION: Vernal, Utah is located in northeastern Utah approximately 20 miles west of the Colorado border. Vernal is known for its fossil museums, the Fieldhouse of Natural History, outdoor water sports, hikes, and camping. Nearby is the Dinosaur National Monument. Vernal allows you to get back to nature as you get by to your authentic self.

THERAPY: If you live in the area, the ideal situation is to meet at your home or my office/location- therapy location will be determined at the consultation.

Preparation:

Self-care is very important because the work done at an intensive retreat can be challenging and emotionally exhausting.

Eat a healthy nourishing meal in the morning to give your body and brain the fuel needed to do the deep work.

Consider getting extra sleep so that your brain has time to integrate the new information and craft healthier neural connections.

Inform a friend or family member about your plans to attend the retreat so that you can call them if you need support or want to share your experience.

Plan on spending time in an environment that is conducive to rest and relaxation.

Ask for recommendations if you would like to book a massage, facial, or other spa-like treatment. Booking in advance is recommended.

Intake (Day 1)

You will have an assigned therapist for the duration of your counseling retreat. Your therapist will only be focused on the work with you to support you and help you through. It is proven that individualized care allows you to make more progress in significantly less time.

An orientation with your therapist about the intensive work you will be doing and a review of the paperwork.

Conceptualizing a treatment plan and traumas to process. Creating a list of the memories to be processed that are most disturbing on a rating scale of 0 to 10. Zero is the memory, has no disturbance, or is neutral and 10 is the worst disturbance when thinking of the memory now. The memories will be listed in chronological order.

If you don't have memories of the trauma, but know you have trauma. Your therapist will help you to identify the disturbance.

Because trauma processing is intensive work the first day will be spent helping you to create resources that you can use after moving through uncomfortable and disturbing memories. Guided imagery, visualization, mindfulness, and somatic techniques are some skills that you will learn to help you manage any sensations or emotions during and after the retreat.

Any other skills, support, or information you may need to do the trauma processing work.

Trauma Processing (Day 2-5)

When you and your therapist agree that you're ready, you will start with the earliest memory using a combination of Eye Movement Desensitization and Reprocessing therapy, Internal Family Systems, Ego State, and Accelerated Resolution therapy.

When processing the earliest memory and moving through chronological order, each subsequent memory begins to decrease in the disturbance level.

INTENSIVE THERAPY PRICING INFORMATION

- A therapeutic hour is 55- minutes.
- Intensive therapy can last 3- 5 days depending on your needs. When scheduling we we will discuss what we predict to work best for your situation and we will schedule the appropriate time. Full Day (6 hours, from 9:30-4:30 MST) and Half Day (4 hours, from 9:30-2:30 MST) options are available.
- Pricing does not include travel, lodging or meals.
- Follow-up post-intensive therapy per client's request. If you need a follow-up session to review the skills you learned during intensive therapy, want to learn new skills, or have other questions or needs, the cost is \$175/hour or pro-rated by the quarter hour- \$43.75 for 15 minutes.
- Pricing: See examples of pricing on the next page
Initial 1st meeting/hour: assessment, and diagnosis: \$220
After the 1st therapeutic hour: \$175/hour
- Cost example is based on 5 days of intensive therapy, assuming the 5 days are needed.

Full-day total cost for 5 days of 6 hours of intensive therapy: \$5,295
Half-day total cost for 5 days of 4 hours of intensive therapy: \$3,545

- **DEPOSIT REQUIRED UPON BOOKING:** After scheduling your intensive therapy days, \$1095 (Full-Day) or \$745 (Half-Day) is due one week later to reserve your time. Days 2- 5, payment in Cash or Cashier's check payable to EMDR 808 Pacific Counseling is due in the morning and prior to resuming treatment for the day.
- Intensive Therapy is not eligible for insurance billing.
- Refunds are issued as appropriate.
- You will be provided with a receipt for taxes as a medical expense.
- **CANCELLATION POLICY:** Cancel 10 days before your initial or first meeting and receive a refund, minus \$150 for administrative fees.

Full Day

Half Day

➤ Full Day is considered up to 6 hours.

➤ Lunch break for an hour fifteen minutes and breaks are agreed to by therapist and client.

➤ No charge during lunch break.

➤ Half Day is considered up to 4 hours.

➤ Lunch break for an hour fifteen minutes and breaks are agreed to by therapist and client.

➤ No charge during lunch break.

Pricing Examples

HYPOTHETICAL EXAMPLE BASED ON A 5 FULL DAYS OF 6 HOURS OF INTENSIVE THERAPY.

- DAY 1

A full day of intensive therapy for 6 hours. Lunch break and breaks as needed.

Initial first meeting/hour: \$220

Five hours of intensive therapy: $\$175 \times 5 = \875

Total cost for the 1st full-day intensive therapy: \$1095

- DAYS 2 THROUGH 5

A full day of intensive therapy for 6 hours. Lunch break and breaks as needed.

Six hours of intensive therapy: $\$175 \times 6 = \1050

Total cost due EACH DAY 2-5 of the full-day intensive therapy: \$1050

Cost total for all 5 days: \$ 5295.00

HYPOTHETICAL EXAMPLE BASED ON 3 HALF DAY OF 4 HOURS OF INTENSIVE THERAPY.

- DAY 1

A half-day of intensive therapy for 4 hours. Lunch break and breaks as needed.

Initial first meeting/hour: \$220

Three hours of intensive therapy $\$175 \times 3 = \525

Total cost for the half-day intensive therapy: \$745

- DAY 2 & 3

A half-day of intensive therapy for 4 hours. Lunch break and breaks as needed.

Half day or 4 hours of intensive therapy: $\$175 \times 4 = \700

Total cost for the half-day intensive therapy: $\$700 \times 2$ days

Cost total for all 3 days: \$2145.00

INTERESTED IN SCHEDULING?

Please contact me at
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Call/Text: (435) 219-0576



Rhonda Kanai-Kekela, LCSW

