



IN *my* MIND
PSYCHOLOGY

EMDR

Eye Movement Desensitization & Reprocessing



INTENSIVE ONE-ON-ONE EMDR PROGRAM WITH PSYCHOLOGIST SARAH WILLS

Escape the demands of everyday life and immerse yourself in a transformative 2-day Intensive EMDR Program at the serene Glen Eden Estate in the Hunter Valley.



MEET SARAH

Sarah's journey from corporate finance and leadership to becoming a psychologist began when she realized the trade-offs women often face in trying to do it all. After becoming a mum, experiencing burnout and missing out on life, Sarah transformed her path by opening a Women's Wellness Centre and a Wellness Retreat Venue, studying psychology, and embracing holistic health. Now, she's passionate about moving beyond the traditional therapist model, empowering women to understand their minds, nourish their bodies, and build strong connections. Sarah is dedicated to doing things differently, and she's thrilled to guide you on this transformative journey.

Sarah W

Sarah Wills
B.Mgt, MBA, B.Psych (Hons)
Registered Psychologist
AHPRA 0002602359

Guided by psychologist Sarah Wills, this program offers you a unique opportunity to retreat to a calm, natural setting where you can focus entirely on your healing and personal growth.

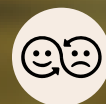
Surrounded by nature, you'll engage in deep, immersive therapy to process and heal from trauma effectively.

PROGRAM BENEFITS

This intensive one-on-one EMDR program aims to provide a concentrated and supportive environment for personalised, one on one trauma processing, offering benefits such as:



ACCELERATED TRAUMA RESOLUTION



ENHANCED EMOTIONAL REGULATION



IMPROVED SELF-AWARENESS AND COPING SKILLS



GREATER RESILIENCE AND WELL-BEING

CHECKLIST



Use this checklist to determine if our intensive retreat is appropriate for your needs:

- Do you have a single trauma that is incident-specific issue you want to target?
- Do you want to focus on an ongoing or prolonged issue that happened in adulthood? (e.g., vicarious trauma from work as a first responder)
- Do you want to address ongoing medical trauma experiences?
- Are you seeking to target prolonged or complicated grief and a traumatic loss experience?
- Do you want to focus on attachment issues and childhood trauma?
- Do you have a significant trauma history and feel that you have limited coping resources?

If you find that several of these points resonate with your situation, our intensive retreat may be a good fit for you. We're here to support you in making the best decision for your healing journey.

Take this opportunity to heal deeply and restore your sense of balance and peace at Glen Eden Estate

SECURE YOUR SPOT TODAY FOR A LIFE-CHANGING EXPERIENCE

EMDR INTENSIVE PROGRAM - \$1,999



ONE FULL DAY
OF THERAPY



SOMATIC
WORKSHOPS



INTERACTIVE
WORKBOOKS



REFLECTIVE
JOURNAL



HEALTHY
LUNCH



EXCLUSIVE
GIFT BAG

Some Medicare and Health Fund Rebates may be available (Medicare rebate per day \$96.65).

INTRODUCTION TO EMDR FOR OUR INTENSIVE RETREAT PARTICIPANTS

At our intensive retreat we're committed to supporting you on your healing journey. One of the therapeutic approaches we offer is Eye Movement Desensitization and Reprocessing (EMDR), a highly effective method for processing trauma and other distressing life experiences.

WHAT IS EMDR?

EMDR is a structured therapy that helps people recover from trauma, PTSD, anxiety, and other psychological distress. Developed in the late 1980s by Dr. Francine Shapiro, EMDR has since been extensively researched and validated as an effective treatment for trauma.

HOW DOES EMDR WORK?

At the core of EMDR is the idea that traumatic memories can become "stuck" in the brain, causing distressing symptoms like flashbacks, anxiety, and negative beliefs about oneself. These memories are often stored in a way that prevents the brain from properly processing them, leaving the person feeling as though they are reliving the trauma.

EMDR helps to "unstick" these memories by facilitating the brain's natural healing process. This is done through a series of guided eye movements or other forms of bilateral stimulation (such as tapping or auditory tones). These movements help the brain to reprocess the traumatic memories, allowing the person to integrate them into their overall life narrative in a healthier way.

THE SCIENCE BEHIND EMDR

Research suggests that EMDR works by stimulating the brain's information processing system. When we experience a traumatic event, the brain can become overwhelmed, and the memory of the event can become fragmented and improperly stored. EMDR helps to reorganize these memories, connecting the traumatic memory to more adaptive information stored in the brain.

During EMDR sessions, you'll be asked to recall a distressing memory while simultaneously engaging in bilateral stimulation. This process is thought to help your brain access and reprocess the traumatic memory, reducing its emotional charge and allowing you to see it from a new perspective. Over time, this can lead to a reduction in symptoms and an overall sense of relief.

WHAT TO EXPECT IN AN EMDR SESSION

Each EMDR session is carefully structured and guided by a trained therapist. You'll begin by identifying a specific memory or issue you want to work on. The therapist will then help you to access the memory and identify the negative beliefs and emotions associated with it. As you engage in bilateral stimulation, you'll be encouraged to notice any thoughts, feelings, or sensations that arise. The therapist will guide you through this process, helping you to reprocess the memory and replace negative beliefs with more positive, adaptive ones.

EMDR is a powerful tool for healing, but it can also bring up strong emotions. Our retreat setting provides a safe and supportive environment for you to explore and process these feelings. You'll have access to additional resources and support to ensure that your experience with EMDR is as healing and transformative as possible.

We're here to support you every step of the way as you embark on this journey of healing. If you have any questions or concerns about EMDR or any other aspect of the retreat, please don't hesitate to reach out to our team.