



EMDR Therapy Immersions



WOLF

Therapeutic Community

Table of Contents

P3. WELCOME INFORMATION

P4. EMDR IMMERSIONS

P5. HOW IT WORKS

PP. 6-7 STANDARD & SEASONAL LUXURY INCLUSIONS OPTIONS

P8. EXAMPLE ITINERARY

PP 9-10. COMPATIBILITY

P11. PRICING STRUCTURE / INVESTMENT AND PACKAGES

P12. MOVING FORWARD

PP 13-14. TERMS AND CONDITIONS



Welcome

About Wolf Therapeutic

Wolf Therapeutic Community is my small private practice on Wathaurong Country (Geelong). Since 2022 I have been offering high quality trauma and mental health care, neurodivergent affirming practice, and professional training and consultation.

My clinic space is built with trauma therapy in mind. It has plenty of natural light, two entry / exits, choice of seating, blankets, floor cushions, sensory adaptations, hot and cold drinks, music, and outdoor seating.

About Claudia

I am an Accredited Mental Health Social worker & yoga teacher, member of the queer community, and a late-identified neurodivergent mother. My loves include yoga, reformer pilates, bush walks, waterfalls, and sitting amongst huge trees.

I am tertiary qualified in Social Work, Health Science, Mental Health, Alcohol and other Drugs, & Graduate Certificate of Developmental Trauma. I am trained in EMDR therapy, Resource Therapy, Acceptance Commitment Therapy, & more.



About Eye Movement Desensitisation and Reprocessing (EMDR)

EMDR therapy has been firmly established as a leading trauma therapy, as well as mental health treatment. It is an 8 phase therapy which includes stages for planning, emotional preparation, reducing distress of old traumas, & supporting you to make new positive beliefs.-

EMDR utilises 'bilateral stimulation' and in your sessions we may utilise left-right eye movements, self-administered tapping on the body, or holding 'buzzies'.

I offer a unique, organic approach to online and in-person clients, integrating EMDR therapy, parts work, and somatic/body practices. This is particularly useful for complex PTSD and attachment trauma.

Supporting
PTSD | Anxiety | Depression
Chronic Pain | Grief | Stress
& more

EMDR Immersions

Retreat from the demands of life with a focused approach to EMDR therapy, plus a series of luxury inclusions.

Intensive format (EMDR) therapy is becoming popular world wide. It can be hard to fit therapy into your schedule—whether you are a parent, shift worker, first responder, or just live a very full life.

Most people just want to move on from trauma, physical pain or mood difficulties. Immersions (intensive format EMDR) involve attending several, longer therapy sessions in a short period of time (e.g. over the course of one week) to gain relief sooner.

Your Immersion with us is designed to be experienced in the style of a day-retreat. Nourishing inclusions on top of the therapy sessions encourage you to engage in self-care to support your investment.

WORK THROUGH
EMOTIONAL CHALLENGES

BUILD YOUR INTERNAL
RESOURCES

DEVELOP POSITIVE
ACTIONS FOR THE
FUTURE

IMPROVE YOUR MENTAL
HEALTH

ONLINE OR IN PERSON

How it works

Sessions are typically spaced across one or two weeks but it is possible undertake the Immersion over consecutive days. In between sessions you will experience soothing and nurturing activities.

Your EMDR immersion is designed to be gentle on the nervous system whilst exploring up to 3-6 months worth of therapeutic work. We will prioritise your regulation, ensuring each session is paced to foster safety and stability.

THE CURATED BODY AND MIND PACKAGE COMES WITH ONE OF THE OPTIONS BELOW:

3 DOUBLE EMDR SESSIONS
(EQUIVALENT 6 THERAPY SESSIONS)

Or

6 DOUBLE EMDR SESSIONS
(EQUIVALENT 12 THERAPY
SESSIONS)

Or

2 X 3-HOUR SESSIONS ACROSS ONE
WEEKEND



Benefits

- Flexible approach
- Short timeframe
- Profound change
- Evidence-Based

Standard Inclusions



PACKAGE INCLUDES:

Nourishing self
care box

Hand-designed journal

Nature or art
therapy integration session

Digital resource pack/ guide

3 month online access to
movement & breath work

Morning tea (for in-person
clients)



Seasonal Inclusions

OPTIONS MAY INCLUDE:

BODY BASED SESSION

(e.g. Massage , float, or EFT tapping session)

AND

MOVEMENT SESSION

(e.g. 1:1 yoga session, studio based yoga class, or similar)

OR

ONLINE ALTERNATIVES:

(e.g, yoga / tapping/ breath or meditation, via Telehealth or on demand platform

Learn to recognise balance & foster resilience



Restore your nervous system



Integrate the new mind body shifts



Feel connected to yourself & the present



Example Itinerary

Monday

Morning - EMDR session

Afternoon - Local massage

Evening - online meditation & early
night

Tuesday

Morning - art therapy session at
Buckley's Falls

Afternoon - EMDR session

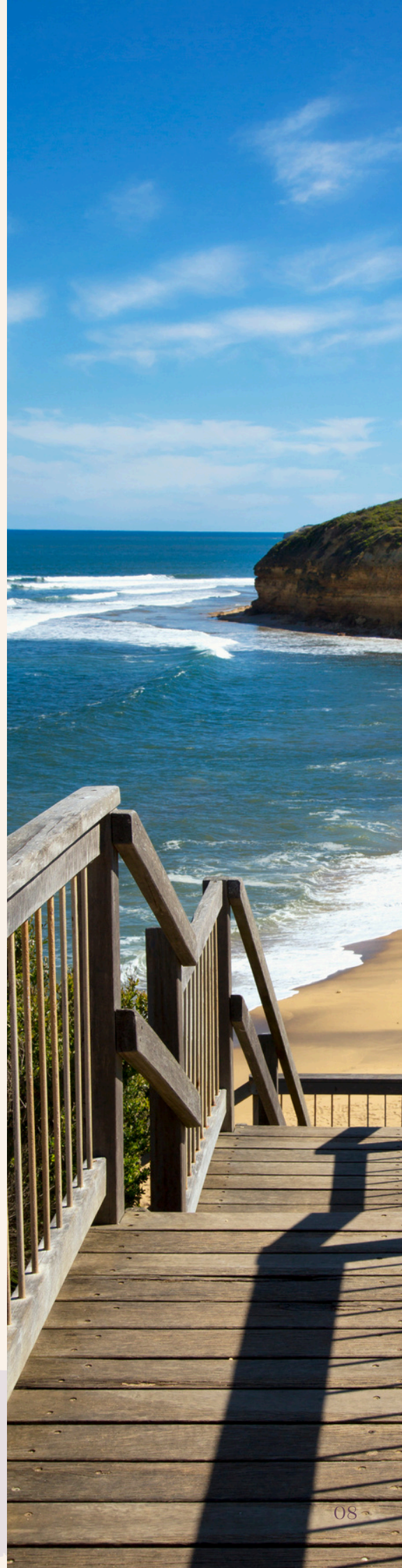
Evening - online trauma informed
stretching

Wednesday

Morning - EMDR session

Lunch- Self-guided Breamlea beach
walk

Afternoon - Local yoga class



Compatibility

You:

- Are connected to supports- friends, family, a therapist
- Have existing skills to manage emotions between sessions
- Can 'feel' the impact of traumatic memories
- Have clear goals to resolve one major life issue
- Seeking an episodic, short term therapy block



EMDR Immersions can be a powerful tool but they are not suited to everyone. The intensive format is ideal for certain clients.

Me:

- Flexible & adaptable ✓
- Lived experience ✓
- Neurodiversity & gender affirming ✓
- Experienced & highly qualified ✓





Compatibility

“I welcome any questions you have to assess our compatibility”.

After exploring your compatibility for the Immersions program, I may recommend a better fit, such as a standard therapy approach. This could be to:

- Define goals
- Finish a life transition
- Develop foundational coping skills

You might also proceed with an Immersion week to focus on building these skills. Learning to manage life differently is an incredible investment in yourself.

If you've already done some foundational work and are looking for the next step in your wellbeing, Immersions can offer the deeper exploration you need.

Choosing a provider to invest your precious time (and money) in is a big decision. Both the program and therapist should feel 'right'.



INVESTMENT & PACKAGES

Immersion Packages

20 minute Connection/ discovery
call (free of charge)

1 x 50 minute online EMDR
preparation session

Weekend, one week, or two week
intensive block EMDR sessions
(3-6 month therapy equivalent)

Online or in person format

Participant guide book

Luxury Inclusions (pages 6 & 7)

Connect Package

ONLINE ONLY, BASE PACKAGE.
HIGH QUALITY INTENSIVE EMDR
THERAPY - WITHOUT THE FRILLS.

20 minute Connection call (free of
charge)

1x 50 minute EMDR preparation
session

3x or 6x 100 minute EMDR sessions
(3-6 month equivalent)

Participant guide book & small gift

Investment

GROW IMMERSION (1 WEEK/
WEEKEND)
\$2460

TRANSFORM IMMERSION (TWO WEEKS)
FROM \$4140-4490

CONNECT

1 WEEK \$1960
2 WEEKS \$3640

Moving Forward



We welcome general enquiries about EMDR Immersions.

When you're ready to take the first step, you will be sent a form to assess compatibility with the Immersion Program.

You will then have the opportunity to speak further with us during a 20 minute Connection/ discovery call.

We will help you decide if an Immersion is right for you.

BOOKINGS

- Deposit required to secure Immersion dates
- Price is all inclusive
- You will receive a Guidebook to help you get the best out of your experience.
- You will receive your welcome pack / Inclusions by your first session



Terms and Conditions

Suitability

Like other health treatments, both EMDR and the EMDR Intensive format is not suited to everyone. There are risks and benefits to participating in any health procedure. We will assess your application and exercise our duty of care to advise you if we believe your circumstances are not suitable for this program. We will then provide a recommendation of what therapy style might better suit your goals and needs.

Alternatively we may also offer you an intensive Immersion focussed on developing emotional regulation skills to manage life in new and helpful ways. This is a valid and empowering gift you can offer yourself.

Eye Movement Desensitisation and Reprocessing (EMDR)

EMDR therapy is an 8 phase process which is moved through in a non-linear fashion. During an Immersion it is hoped that we move through all 8 phases including trauma processing. However, even with the best planning, we can't predict exactly which aspects of your EMDR therapy may require closer attention than others.

It is possible that you will not experience the full processing protocol and will instead be offered more contained options or development of new coping skills. I will advise you of my clinical recommendation at each stage of your Immersion and ensure that you walk away having changed something positively. If I become aware that EMDR is completely unsuitable/ unsafe for you, I will advise you of this and refund any unused sessions.

We do not have capacity to take clients on for an ongoing basis after Immersions. Keep this in mind as some people like to work with a therapist after Intensive EMDR to really cement change. We are happy to send a handover to other professionals.

EMDR involves the use of bilateral stimulation and in your sessions we may utilise left-right eye movements, audio sounds, self-administered tapping on the body, or holding 'buzzies'. I will adapt the therapy based on your sensory needs. Please advise if you have any sensory preferences or triggers around touch.



Funding

Deposit required on booking. Payment plans are available on request. We will keep a credit card on file and any late cancellation fees or payment defaults will be charged and managed in line with your client consent form.

Medicare rebates may be available for a portion of the program with a valid GP Mental Health Treatment Plan. Medicare will pay one rebate of \$85.20 per day, applicable to the therapy sessions.

This program is unlikely to be funded under NDIS plans. Please seek advice from a suitable professional (such as support coordinator or plan manager).

Please check with your private health insurance or third party provider if they provide rebates on sessions with Accredited Mental Health Social Workers. If you are hoping to use external funding, please advise us well ahead of your proposed Immersion dates so that we can confirm suitability.

"We will work to determine the best style of EMDR for you and ensure your safety and stability is prioritised at all times."

Terms and Conditions

Inclusion Packages

Inclusions are offered to enhance your therapy experience and integration. These may change seasonally without notice however generally include an additional integrative session (such as nature/ therapeutic horticulture or art therapy), a body based experience, a movement based experience plus take home products to use as part of your wellbeing habits. Some experiences may be offered in-person, and others online (live or on demand) depending on availability.

We are well aware that physical touch is not safe or tolerable for all people. We will discuss your needs prior to your Immersion and ensure you are offered suitable inclusions. It is your responsibility to let me know ahead of your Immersion if this is something you are aware of.

Where we refer to external providers (such as massage, non-touch therapies, etc) I have done my best to ensure their service is in line with the values of Wolf Therapeutic. However not all providers are guaranteed to be trauma informed / sensitive and I cannot be held liable for the actions of other providers.

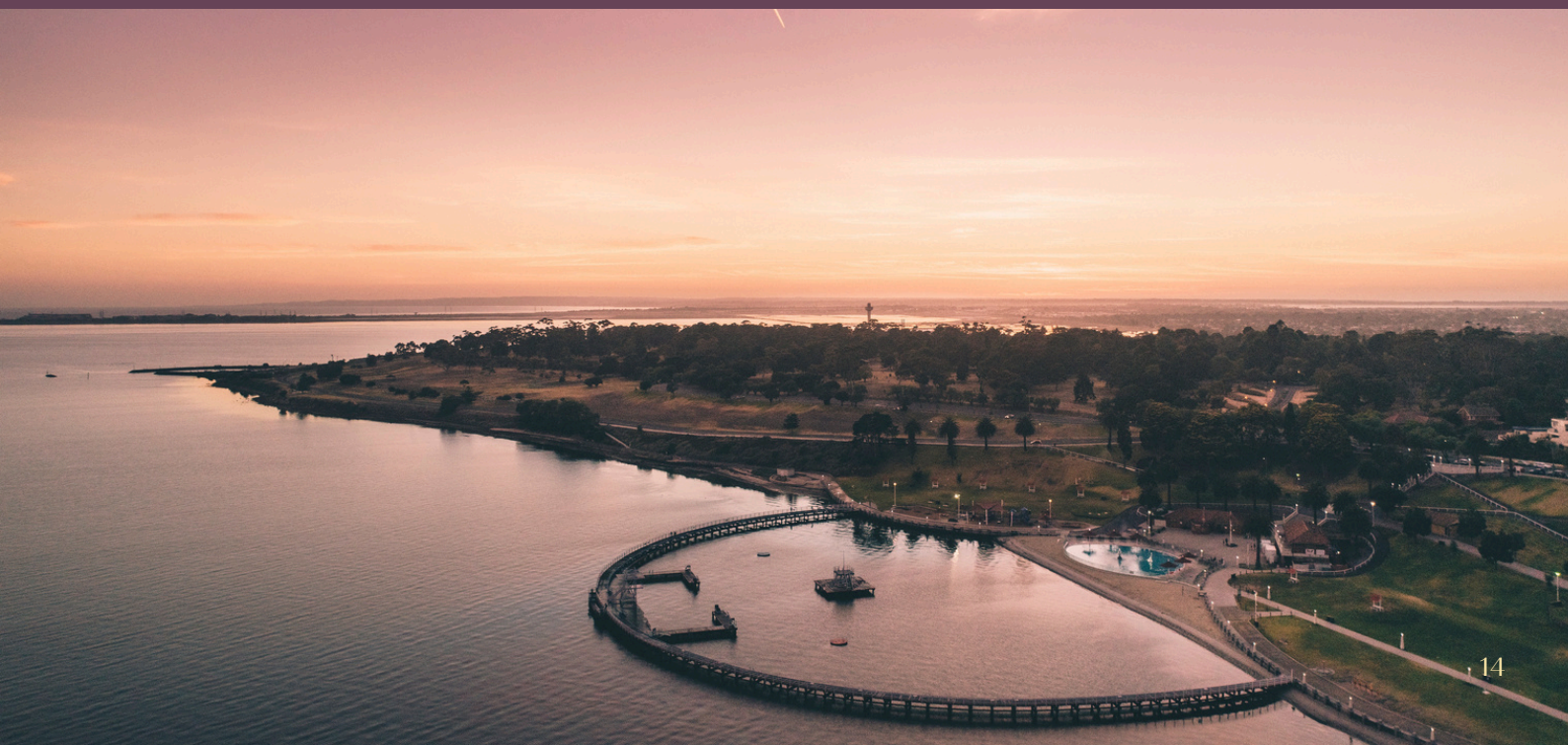
Online (Telehealth) clients may decide whether to receive digital resources and online classes in place of in-person services, or to enter into the Connect base package at a reduced fee.

Agreements

After you complete your Compatibility application form, and undertake your Connection/ discovery call with us, we will collaboratively have decided if this program is a good fit for you.

At the time of paying your deposit, we will provide you with a client consent form outlining the agreement of working with Wolf Therapeutic Community, and the Immersion intensive format EMDR.

This agreement includes program costs, payment terms, financial defaults, our complaints procedure, and other relevant material.





WOLF

Therapeutic Community

HOLISTIC RECOVERY AND SUPPORT