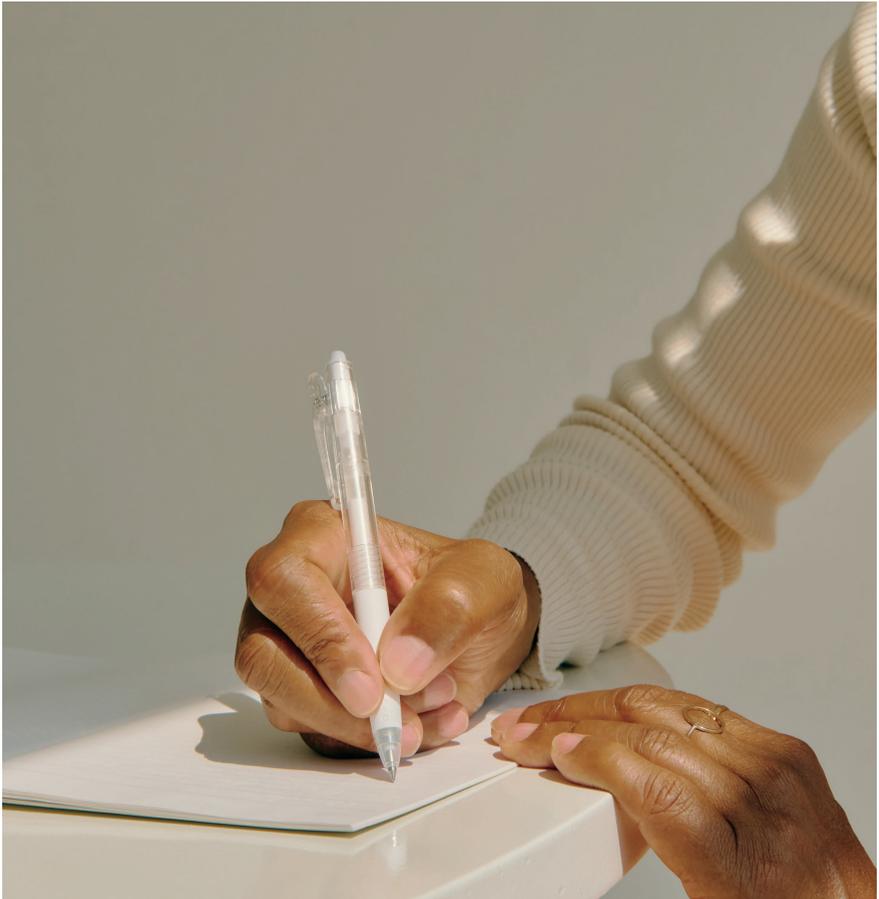


EMDR IMMERSIVES

INFORMATION BOOKLET



CENTRE SELF
COLLECTIVE

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WHAT IS EMDR THERAPY?

EMDR is a structured,
evidence-based
therapy.



EMDR (Eye Movement Desensitisation and Reprocessing) is a structured, research-backed approach for recovering from trauma and other painful experiences. It's widely used for PTSD, anxiety, depression, OCD, addictions, eating disorders, grief, and concerns related to chronic health and pain. EMDR pairs brief recall of difficult memories with bilateral stimulation—often eye movements, sometimes sound or tapping—to help the brain reprocess what happened. As “stuck” memories are resolved, their intensity fades and more balanced beliefs can take root, making day-to-day life feel lighter.

WHAT HAPPENS WHEN WE HAVE DISTRESSING EXPERIENCES?



Our brain has a natural ability to heal.

Our brains are built to heal. But when something overwhelming happens, those memories can get ‘stuck’ instead of being filed away. In those moments, the amygdala—the brain’s ‘smoke alarm’—sets off fight/flight/freeze, and the hippocampus, which adds context, can be dialed down, leaving the memory ‘frozen.’ Afterward, everyday triggers can make it feel like the event is happening again, bringing anxiety, depression, nightmares, flashbacks, and intrusive thoughts. With the amygdala still on high alert, the body stays in survival mode even when you’re safe. These experiences can also fuel unhelpful beliefs about self (“I’m not enough”), others (“I can’t trust people”), and the world (“I’m not safe”).

HOW DOES EMDR WORK?

The memory will feel more distant, emotional distress reduces and new more positive beliefs emerge.



EMDR uses guided eye movements to help your brain reprocess “stuck” memories so they feel less intense over time. With your therapist, you’ll choose the symptoms you want to work on and the key memories behind them. You’ll focus on the hardest moment, the unhelpful belief it left you with, and the feelings or body sensations it brings up. While you follow your therapist’s hand or another left–right stimulus, you just notice whatever comes up. After each short set, they’ll check in and guide the next step. As sessions progress, the memory usually feels more distant, distress drops, and more helpful beliefs take hold. Over time, EMDR can ease troubling symptoms and support lasting change by treating root causes—not just the surface.

WHAT IS AN EMDR IMMERSIVE?

This condensed, focused therapy reduces therapy dropout rates and results in less overall time in therapy.



An EMDR Immersive is a focused, structured, and condensed form of therapy in which you receive 10 hours or more of one-on-one EMDR therapy, either online or in-person, in the span of a few weeks.

Our EMDR Immersives are designed to facilitate real and lasting change, resulting in relief from difficult symptoms, very often in a shorter amount of time. These focused sessions help you process and recover from painful experiences and distressing emotions more quickly than traditional therapy.

We offer a variety of Immersive Programs options to fit your needs.

OUR EMDR IMMERSIVE PROGRAMS

**We offer three options for
our EMDR Immersive
programs in Daylesford,
Brunswick or online.**



Starter Program

10 hours of therapy across 5 sessions.

This program is for individuals who have experienced events such as; car accidents, birth trauma, home invasions, injuries, natural disasters.

OR those who are seeking to build skills to improve confidence, build self-esteem, or increase resilience under pressure (this can be great for professional athletes, senior management and executives) and who otherwise have not experienced long-term distress or adverse experiences.

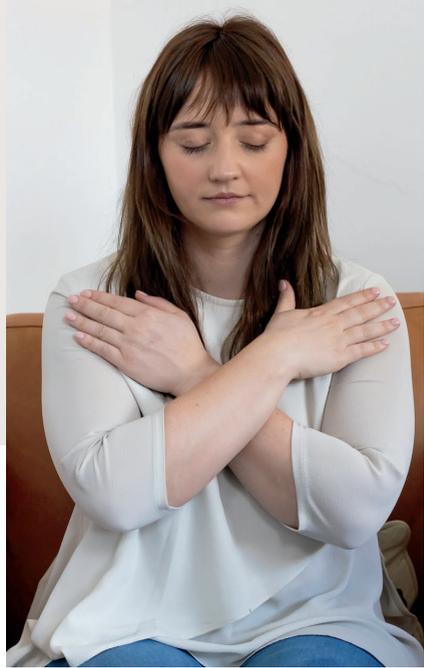
Investment

\$3,500 - rebates available.

Explore our website to see the Starter Program Inclusions



OUR EMDR IMMERSIVE PROGRAMS



Standard Program

20 hours of therapy across 10 sessions

This program is for individuals who have life experiences such as; complex relationship dynamics, neglect and abuse, chronic health issues, consistent pain, addiction, eating disorders, and intersectional factors such as neurodivergence, race, disability, gender expression and sexuality.

Investment

\$7,000 - rebates available.

Explore our website to see the Standard Program

Inclusions



OUR EMDR IMMERSIVE PROGRAMS



Premium Program

30 hours of therapy across
15 sessions

This program is suitable for individuals who have experienced complex trauma and attachment wounding, dissociative disorders, pre-verbal, or developmental or implicit trauma, and intersectional factors such as neurodivergence, race, disability, gender expression and sexuality, lack of positive childhood experiences and supportive people.

Investment

\$10,000 - rebates available.

Explore our website to see the Premium Program

Inclusions



SIX CORE SKILLS

To maximise EMDR therapy, there are some key skills that both you and your therapist need to feel confident you can do well enough. If you don't feel confident in these skills, that is perfectly ok. We can utilise your EMDR Immersive to focus on building them.

1 Notice your body

2 Notice your emotions

3 Notice your thoughts

4 Notice where the mind goes

5 Stay in the room with the therapist

6 Report back to the therapist what is happening or not happening

Who can benefit from EMDR Therapy?

EMDR can benefit anyone struggling with symptoms that stem from disturbing or traumatic life experiences. These experiences don't have to be a single, dramatic "big-T" trauma (like a car accident). They can also be recurring, less obvious "small-t" traumas (like childhood bullying, emotional neglect, or growing up in a high-stress environment). It can also support performance enhancement and anxiety, relationship challenges, low self-esteem, chronic illness and grief.

If I'm already a weekly client, can I participate in an EMDR Immersive?

Absolutely! EMDR immersive programs are available to all existing and new clients. If you would like to explore completing an EMDR Immersive Program, please speak with your therapist or email us at hello@centreself.com.au

Why an Immersive instead of a normal 50-minute session?

An EMDR Immersive allows the opportunity to progress through your symptoms in a more succinct and focused way without the interruption of a 50-minute session. An immersive format may decrease overall treatment time because we will have less stop and starts where we would be checking in, addressing anything that has come up between sessions, or creating stabilisation before processing.



FAQS

If I already have a primary therapist, can I do an EMDR Immersive as an adjunct therapy?

Yes. If you feel stuck with talk therapy but curious about an EMDR Immersive, you can add it alongside your current therapist. We'll tailor the format in your first consult and can collaborate with your care team.

Can my private health provider or Medicare provide a rebate for this program?

Yes, Medicare rebates are available if you have a current mental health care plan.

A rebate will be provided for each session you attend, during your initial phone call we can discuss rebate amounts and the Gap fee.

Yes, some private health funds cover for EMDR Immersive Programs from an AMHSW. This includes; BUPA, Medibank, Teachers Health Fund, HCF, ARHG, and Doctors Health. We recommend you check with your private health insurer and plan before booking your initial call with us.



Can I use my NDIS funding for an EMDR Immersive Program?

Your NDIS funding can be used for Standard EMDR therapy only. NDIA will not cover the whole cost of an EMDR Immersive Program. If you have a NDIS plan that includes funding for “Improved Daily Living” and/or that parenting support or counselling is covered under your plan, we would love to be a part of your supports. Please book an enquiry call with us today to explore our therapeutic options.

Can my TAC or WorkSafe funding cover the cost of an EMDR Immersive Program?

Both TAC and WorkSafe can cover a portion of the costs for your EMDR Immersive Program. We recommend contacting your case manager with your claim number and clarifying what funds are available for therapeutic supports.

Are payment plans available?

Yes, we do offer payment plans. Our payment plans are worked out on your individual circumstances to ensure our programs are accessible to you. Full payment is due prior to starting your EMDR Immersive Program and can be booked well in advance to accommodate any payment plan.



FAQS

What is the EMDR Resource Hub?

We are glad you asked! We have created an online platform for you to access as a part of our EMDR Immersive Program to support your therapeutic journey before, during, and after your 2-hour sessions. This has been designed to provide further information, tools and resources on mental health topics such as window of tolerance, how to maintain your mental health, and connecting with your resources. This online Resource Hub will be continually updated with new guided meditations and exercises, with full access for life.

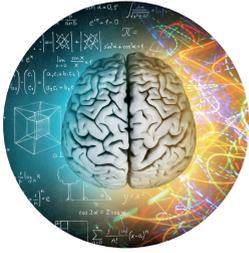
Is there a difference in the effectiveness of participating online versus in person in the EMDR Immersive Program?

Research indicates that EMDR works well both online and in-person. We encourage you to choose what fits your situation, comfort, and the goals you are hoping to work on.

Think about:

- Do you have a private space for sessions?
- Would being at home feel safer or more doable?
- Are you rural and want wider therapist options?
- Is your internet, camera, mic, and audio reliable?





FIND OUT MORE

Check out these helpful blogs, research and podcast episodes via the QR codes to learn more about the science behind EMDR and how to know if an EMDR Immersive is right for you.



[The Science behind EMDR: Healing Trauma and Beyond](#)



[How to know you're ready for an EMDR Immersion](#)



[Is an EMDR intensive right for me](#)



[Healing the Unmet Needs of Our Younger Selves - This Complex Life, Podcast](#)



A message from CSC,

Choosing to invest in yourself and your mental health is a significant and courageous step towards meaningful change and growth, and we are delighted to support you on this journey. Thank you for trusting us to be part of this process.

LET'S CONNECT



1800 501 200



hello@centreself.com.au



Daylesford & Brunswick VIC, Online



www.centreself.com.au



THANK YOU



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