



I am an Advanced Practice RN (Clinical Nurse Specialist) with a master's degree in Psychiatric Nursing. I specialize in the treatment of trauma information, eg. those life experiences that continue to be disturbing in present time and the more easily recognized major trauma experiences. My theoretical orientation is Cognitive/ Behavioral and Psychodynamic with a primary specialization in providing the **Eye Movement Desensitization & Reprocessing (EMDR)** Therapy model. I am a Senior Trainer /Facilitator/Consultant for the EMDR Institute, Inc. I have been trained personally by Francine Shapiro, PhD, the originator and developer of EMDR Therapy.

Two to three single sessions (45 minutes / client hour) will be required for the initial evaluation process. If EMDR is the appropriate treatment, at times I will recommend a double session (90 minutes). My experience is that most people get the most efficient amount of benefit within the double session. However, this can be adjusted to client needs and/or desires. Weekly sessions are typical but again this is a flexible item.

### **FEE AGREEMENT**

The fee is \$150.00 per single session and \$300.00 per double session. Fees are due at the time of service. Cash, check, money order or credit cards are accepted at the time of service. Cancellations are gratefully accepted 24 hours prior to the appointment time. You will be charged for late cancellations or "no shows".