

KAMBERLYN PARKER, MS, LPC-S

Intensive Brochure



www.Parker-LPC.com

Welcome



I'm so glad you're here, and I'm honored you're exploring what an intensive could open up for you. I'm Kamberlyn Parker — a licensed therapist with more than a decade of experience walking alongside people through some of their most meaningful and difficult seasons. My work is centered in Eye Movement Desensitization and Reprocessing (EMDR), a leading evidence-based therapy for processing trauma that I'm genuinely passionate about. I've seen it change lives in ways that can be hard to put into words.

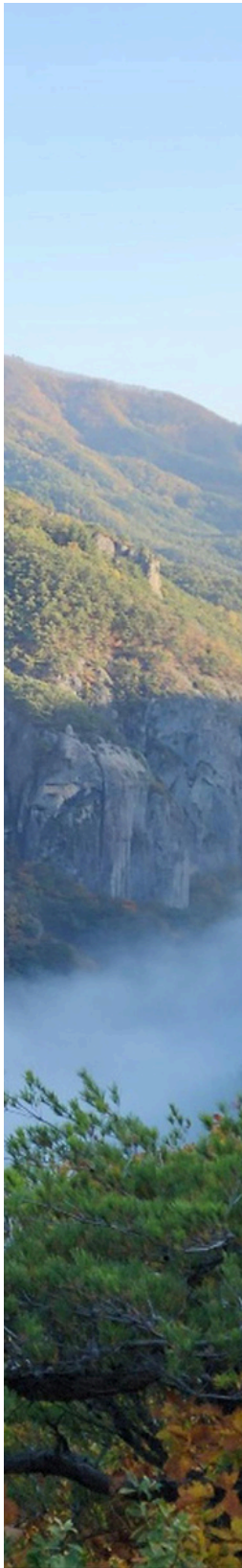
What makes my approach a little different is how I weave EMDR together with Internal Family Systems (IFS) and expressive arts. IFS helps us understand the different parts of you — the one who's exhausted, the one who keeps pushing, the one who just wants permission to rest. Expressive arts give those parts a voice when words alone aren't quite enough. Together, these approaches create a depth of healing that feels both grounded and whole.

An intensive is a focused, uninterrupted space to do that kind of work — the kind that can take months in weekly therapy and concentrate it into something more meaningful, more moving, and more lasting.

I invite you to take your time with this booklet. And if something here resonates, I'd love to connect — there's an opportunity inside to schedule a free, no-obligation consultation. We'll talk about what's happening in your world and whether an intensive feels like the right fit for you.

My deepest hope is that you find the support and the peace you've been looking for. I would love to be a part of your journey.

Kamberlyn  



Journey deeper. Feel better faster.

Maybe you're the one everyone leans on — the capable one, the dependable one, the one who holds it all together. You've spent so long putting others first that you're not even sure what YOU need anymore. You say yes when every part of you is screaming no. You feel exhausted in a way that sleep doesn't fix. And somewhere underneath all the doing and giving and managing, there's a version of you that just wants permission to stop — to breathe, to feel, to finally take up some space of your own.

If that resonates, you're not broken. You're depleted. And you already know how hard it is to let your guard down in a single hour. By the time your nervous system starts to feel safe enough to open up, the session is over. You leave having barely scratched the surface and carry it all right back into your week. That's not a reflection of you. That's a reflection of the format.

An intensive creates something different — a slower, more spacious container where your nervous system actually has time to exhale. We meet face-to-face, outdoors in a natural setting, somewhere quiet and away from the demands that usually pull at you. Sessions are three to six hours per day, across one or two days. Nature itself becomes part of the healing — grounding, regulating, and holding you in a way that a traditional office simply can't.

This isn't about pushing harder or doing more. It's about finally giving yourself enough time and space to stop performing and start being. That's where real change begins.

I help you...

HEAL FROM PAINFUL MEMORIES

Does it feel like no matter what you try, you still get moments of overwhelm? That thing from your past just won't get out of your head and you need to do something more than regular therapy. You're ready for change.

FEEL MORE CALM & CONNECTED

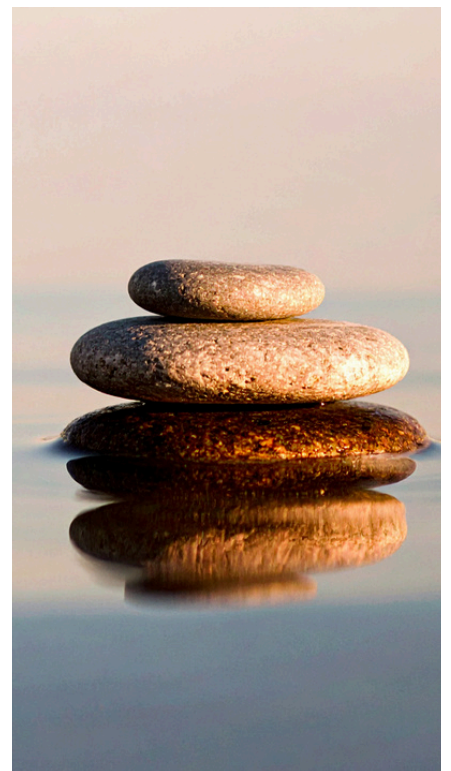
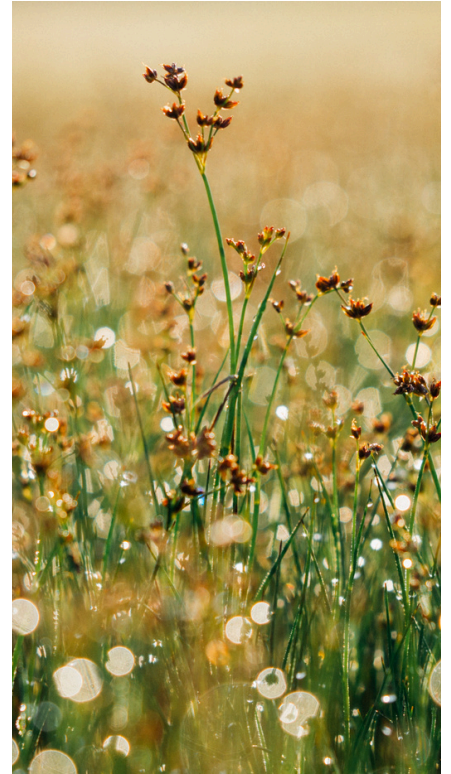
When you're always stressed out or living on the edge it's exhausting. You can do and say things you would normally never do. You're ready to feel closer to your friends and more connected inside, to be yourself again.

LET GO OF GUILT & SHAME

Maybe it feels like you are never good enough or that it's your fault. You've been living at odds with yourself and it's killing you. You just want to believe that you did the best you could.

FEEL EXCITED ABOUT LIFE AGAIN

When you're carrying the weight of the world, life can feel hard all the time. I want to help you feel lighter so that you can feel moments of joy & be able to be present for the good stuff.



Do you want
to feel more
calm, confident, & connected?

An Intensive may be right for you!



What's Included

01 PRE-INTENSIVE INTERVIEW
A 60-minute session to determine the goals of the Therapy Intensive and prepare for the experience. We will identify the painful memories, beliefs, emotions, or images from which you are seeking relief.

02 PERSONALIZED TREATMENT WORKBOOK, JOURNAL & SUPPLIES
You'll receive a customized handbook, journal, and art supplies. The handbook includes assessments and activities to help you prepare, and serves as an ongoing record of your progress.

03 CUSTOMIZED TREATMENT PROGRAM
The Therapy Intensive sessions take place in a natural setting, and are scheduled for 1-2 days for 3-6 hours each day. Includes targeted treatment and resourcing activities customized for you.

04 POST-INTENSIVE INTERVIEW
A 60-minute session to debrief the experience and reflect on areas of insight, relief, and transformation. Discuss your next steps for continued growth and healing.



WHAT TO BRING

- Comfortable clothing and shoes
- A list of questions or concerns that you want to address during the retreat.
- An open and honest attitude, and a willingness to work through difficult emotions and challenges.

Options & Investment



1 DAY 3 HOURS	1 DAY 6 HOURS	2 DAYS 6 HOURS	2 DAYS 9 OR 12 HOURS
\$997	\$1,497	\$1,897	\$2,197 to \$2,697
<ul style="list-style-type: none">• 5 hour program• 3 hours face-to-face hours• Resources, assessments, & personalized treatment workbook• Art Supplies & Journal• Snacks, & drinks	<ul style="list-style-type: none">• 8 hour program• 6 hours face-to-face hours• Resources, assessments, & personalized treatment workbook• Art Supplies & Journal• Snacks, drinks and a meal	<ul style="list-style-type: none">• 8 hour program• 6 face-to-face hours (3 hours per day)• Resources, assessments, & personalized treatment workbook• Art Supplies & Journal• Snacks, drinks, and meals• Overnight Stay Included	<ul style="list-style-type: none">• 14 hour program• 9-12 face-to-face hours (3-6 hours per day)• Resources, assessments, & personalized treatment workbook• Art Supplies & Journal• Snacks, drinks and meals• Overnight Stay Included

Payment Due: A 50% deposit is required at the time of booking to reserve your intensive date, with the remaining balance due two weeks prior to your session. If you need to reschedule, you may do so at no additional charge as long as the request is made more than two weeks before your intensive. Cancellations made more than two weeks in advance will receive a full refund of the deposit. Cancellations made within two weeks of your intensive will incur a \$200 cancellation fee. In the unlikely event that I need to cancel, you will receive a full refund or the option to reschedule at no charge. **NOTE:** Therapy Intensives are not covered by insurance.

Sample Schedule

Note: Each intensive is tailored specifically to the client. This agenda serves as a guide, and will be modified based on the insights and experience in real time.

3 HOURS

9am-9:15am WELCOME & CHECK IN TIME

9:15-10:45am THERAPY SESSION

10:45-11am BREAK

11am-12pm THERAPY SESSION

6 HOURS

Continuation from the previous 3 hrs

12pm-1:45pm THERAPY SESSION

1:45-2pm BREAK

2-3pm THERAPY SESSION & CLOSING



Frequently Asked Questions

Who can benefit from intensives?

Therapy Intensives are perfect for people that are ready for relief now. If you're ready to see things change in your life and your relationships but you don't want to wait for that to happen next year - a Therapy Intensive may be right for you. If you have a specific topic, trauma, or stressor that you want support with - this can be the focus of your Therapy Intensive. The dedicated time will be customized specifically to you and your goals.

Why should I do a Therapy Intensive instead of a normal 50-minute therapy session?

Therapy Intensives are more effective and efficient than normal 50-minute therapy sessions. Typically in a 50-minute session, there are at least 5-10 minutes of "check-in" at the start of the session and usually, 5-10 minutes spent on "closing up" or "checking out" at the end of a session - Leaving only 30-40 minutes for deep therapeutic work. Therapy Intensives are different. A 3-hour Therapy Intensive allows for 2.5 hours of depth work. That's the equivalent of five 50-minute sessions or more than a month of therapy - in a single day!

How many Intensive Days should I schedule?

Great question! This depends on your goals for the Therapy Intensive. Some goals can be reached in a 1 Day Intensive (3 hours), but other goals are more complex and may require a 3 Day Intensive. I can help you determine the number of days that would work best for your therapy goals.

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

Absolutely! Therapy Intensives work very well as an adjunct therapy. I would ask that you sign a Release of Information so that your current therapist and I can collaborate/coordinate to best serve you.

What does the research say about EMDR Intensives?

Intensive application of trauma-focused therapy seems to be well tolerated in patients with PTSD, enabling faster symptom reduction with similar, or even better, results, while reducing the risk that patients drop out prematurely. [Learn more here](#) and [here](#).

Intensive EMDR treatment is feasible and is indicative of reliable improvement in PTSD symptoms in a very short time frame. [Learn more here](#).

An intensive program using EMDR therapy is a potentially safe and effective treatment alternative for complex PTSD. [Learn more here](#).

The economy is compelling: even compared to other trauma therapy, the intensive format may decrease treatment time, because of time not spent on a) checking in at the beginning of each session, b) addressing current crises and concerns, c) focusing on stabilizing and coping skills that the client won't need after trauma healing, or d) assisting the client in regaining composure at the end of the session.

Where are EMDR Intensives offered?

Intensives are held in person in Oklahoma, in a natural outdoor setting (accommodations will be made for weather) Sessions take place in a natural outdoor setting, where the open air and sensory grounding give your nervous system permission to settle in ways a traditional office rarely can. For two-day intensives, you'll stay on-site in a cabin with guided activities provided between sessions. For one-day intensives, I ask that you keep your evening free — you'll leave with intentional activities to support the work we did together.

Are EMDR Intensives worth the time and money?

EMDR Intensives give you the results you would get from months of therapy in a much shorter period of time. If you add up the cost of weekly therapy, an EMDR Intensive is actually more cost effective. Instead of waiting months, you can get the same results in a few days.



Can my insurance help pay for Therapy Intensives?

Therapy Intensives are not covered by insurance. However, if you have out-of-network benefits, your insurance company may reimburse a portion of the Therapy Intensive. It's best to call the customer service number on the back of your insurance card to learn the details about your specific plan. Make sure to ask questions like: Do I have a deductible for out-of-network services? Have I met my deductible? What CPT billing codes do you reimburse (i.e. 90837 or two 90843 in one day)? What is the rate of reimbursement for each billing code? What is the allowable amount for reimbursement?

Here is a helpful resource: [The Complete Guide to Out-Of-Network Reimbursement](#).

When are payments due?

A 50% non-refundable deposit is due at the time you book your Therapy Intensive. The remaining 50% is due two weeks prior to the Intensive Session.

What if I'm interested in a Therapy Intensive but I'm not 100% sure?

Let's schedule a time to talk! I'm happy to answer any questions and explore your unique situation to see if a Therapy Intensive may be helpful for you.

Are you ready to...

feel more calm, confident,
and in control of your life?

[SCHEDULE A FREE CONSULTATION](#)

