



Intensive EMDR Healing Residential stay

A few questions that we are asked frequently;

Q. I've looked at other similar Retreats and they are all £5k plus, why is yours so cheap?

A. You only have to look at our values on our 'About Us' page to see the answer. We do as much as we can at cost because our Client's healing is far more important to us than making huge profits for our work. Clients often tell us to charge more but we are happy that the right people come to us, who are not judging their healing by how much they have to pay. There are plenty of Retreats that they can get that false value from.

Q. What if 5 sessions of Therapy is not enough?

A. We assess this by our questionnaire and 90% of the time we are correct in what time you need. On the 5% of occasions when Clients have had to leave early or further traumas have come to light, that we weren't aware of, then we arrange to have follow up sessions online when you return home. Occasionally we can do an extra session during the 5 days but each client is different, so we assess that during the retreat.

Q. How can I heal 40 years of issues in just 5 days?

It isn't suitable for every Client but if we agree to take you on to the retreat, then you have our commitment that we will help you. No-one leaves our retreat thinking nothing has changed, that is our commitment to the Client's we accept on to the Retreat. We have been able to help Clients in 5 days who have spent 6 weeks in Retreat Centres, or been turned away by other Therapists as being impossible to help. If a client is ready and we think the retreat is suitable, then the work begins for recovery.

Q. I don't think I have any past traumas, but I feel a really low mood all the time?

Firstly, you need to check that you have seen a Doctor to ensure there is nothing else wrong.

The mind is incredibly good at healing past memories, if it is ready to. There is no competition in how big or small a trauma is, the smallest ones can cause the greatest affect,. It has no bearing on how traumatic the event is, our clients have been able to heal from huge emotional events, the critical factor is, are they ready to and are we right retreat to help them. Sometimes letting go of a belief or behaviour can feel a challenge because even though it is negative, it may have a level of comfort with it. E.g. I want to build my self-esteem but if I was confident I would lose all the attention I get because people know I'm shy.

Q. What if I'm not suitable for the Healing Retreat?

We won't waste your time if we don't think the Retreat is suitable for you but because we are members of associations, we will always be able to recommend someone near to you, who may be able to help.