



Intensive EMDR Healing Retreat

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. The answer lies in our values, as outlined on our 'About Us' page. We prioritise our clients' healing over making significant profits, which is why we keep our costs low. Although clients often suggest we charge more, we're content knowing that we attract individuals who value true healing rather than judging it by the price. For those seeking a more expensive experience, there are plenty of other retreats available.

B. You will need to arrange **four nights of accommodation separately**. We don't provide overnight stays, which allows you to choose an option that suits your budget. We can share a list of local places to stay, or you're welcome to book your own accommodation or stay with friends.

Q. What if 5 days of therapy are not enough?

A. We assess your needs through our questionnaire, and in 90% of cases, we accurately determine the time required. If unexpected circumstances arise—such as a need to finish early or additional traumas coming to light—we arrange follow-up sessions online once you return home. Occasionally, we may add an extra session during the retreat, but each client's situation is unique, and we evaluate this as we go.

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

A. Our retreat isn't suitable for everyone, but if we agree to work with you, we commit fully to helping you heal. No one leaves our retreat feeling unchanged—that's our promise. We've successfully helped clients in just 5 days who had previously spent 6 weeks in other retreat centres or had been turned away as "impossible to help." If you're ready and we believe our retreat is right for you, the healing process begins.

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

A. First, ensure you've consulted a doctor to rule out any other issues. The mind is adept at healing past memories when it's ready. Trauma doesn't need to be big to have a significant impact—sometimes the smallest events can have the greatest effect. What matters is whether you're ready to heal, and if our retreat is the right fit for you. Letting go of certain beliefs or behaviours can be challenging, especially if they provide some level of comfort, even if they're negative. For example, wanting to build self-esteem might conflict with the attention you receive for being shy.

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

A. If we don't believe the retreat is right for you, we won't waste your time. However, as a member of professional associations, we can always recommend someone in your area who may be able to help.

Q. I would just like to try EMDR for one session as I've tried lots of different therapies and they haven't helped so far?

A. We only accept clients who are committed to our programme. If the retreat is right for you, a single session won't be sufficient. Based on our experience, clients who have tried numerous therapies may be facing underlying resistance, which isn't something we can address quickly. We work with individuals who are ready to embrace change and seek the support to do so.

Q. I want to find help for my partner/friend/family member?

A. We only work with clients who are fully committed to their own journey of change. It's important that they reach out to us directly. All the necessary information, including our pricing, is available on our website. If the person you want to help is ready, they'll get in touch with us, and we can explore the options, together.