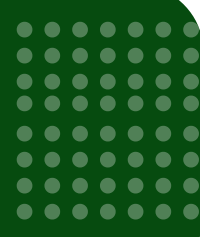




EMDR Therapy Intensives



Intensives offered in Paducah, KY
Intensives are only offered in-office. Paducah is 2 hours Northwest of Nashville, TN or a direct flight from Charlotte, NC.

What is EMDR?

Eye Movement Desensitization Reprocessing Therapy is a modality that activates the problem-solving part of the brain to reprocess memories that are leading to our frustration, anxiety, and/or negative thoughts about ourselves- many times without realizing it.

What is an Intensive?

An intensive is designed to compact treatment into a short amount of time. This approach allows those with high op tempos the flexibility they need. It also allows those living farther away to receive high quality, culturally competent treatment they may not be able to find locally. Intensives are typically 2-3 days however, we can develop a plan that meets your needs.

Payment

While not covered by insurance, Project Reforged does offer a military/first responder discount as well as partnerships with non-profit organizations to help cover the cost.

Paducah, KY

A small town in Kentucky with a rich history is the perfect back drop for a weekend of rest and relaxation between sessions. From cute Air BnBs, boutique hotels like the 1857 or the Holiday Inn Express on the Riverfront to fantastic local restaurants like Freight House, Flamingo Row, Max's or the Cork Room and our favorite coffee shops like The Farmhouse, Evergreens or Pipers- enjoy exploring the local offerings between sessions.

Lainey Crown, LPCG

Lainey saw the need for culturally competent care as the spouse of a Special Operations turned Law Enforcement Officer. She is a trauma and marriage therapist specializing in the military and first responder communities. Lainey serves in multiple non-profit leadership roles in the military and Special Operations community, is involved with Kentucky's LEO Post Critical Incident Seminars, routinely provides training for clinicians and is a staunch advocate for the military community. Lainey was named the AFI 2024 Maryland and 2025 Alabama National Guard Spouse of the Year.

Due to scheduling, intensives are limited in availability. Please reach out to learn more.

Typical Schedule

Consultation Call:
This call will allow us to collaborate and develop a plan.

Day 1:
Travel to Paducah

Day 2 & 3:
Meet at 8:30 am to roughly 11:30 am for a morning session.

We will take a break for lunch and give you time to rest.

Meet again at 3:00 pm until roughly 5:30 pm for afternoon session

Day 4:
Travel Home

*This schedule can be modified to meet your needs

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