

# Revive and Restore

An EMDR Intensive Retreat for the Healing Professional

April 6 - 9, 2025

New Orleans, Louisiana

## Renewal and Healing through EMDR



Join Carol Miles, MSW, LCSW, EMDR Certified Trainer, for a transformative 4-day retreat designed specifically for mental health professionals in beautiful New Orleans, Louisiana. This retreat offers a unique opportunity to address burnout, compassion fatigue, and vicarious trauma through groundbreaking EMDR Intensive Therapy.

### Retreat Highlights

- ✓ 6 individual EMDR hours and 3 group hours with experienced EMDRIA-certified therapists.
- ✓ A customized treatment workbook and optional 3 CEs for therapists.
- ✓ Trauma-informed yoga, breathwork, guided meditation, and adjunctive options like massage and Reiki.
- ✓ Private accommodations with ensuite baths, catered meals by Chef Anh Luu, and access to serene outdoor spaces.

April 6 - 9, 2025 in New Orleans, Louisiana

This retreat is ideal for processing past trauma, resolving distressing patterns, and creating space for healing and rejuvenation.

Take time to focus on yourself and revitalize in a supportive, restorative environment.

Spots are limited—reserve yours today and start your journey to healing!

REGISTER BY  
FEBRUARY 6

**\$3,000**

\*See pricing on next page  
for more details



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# Discover the Retreat Experience



Immerse yourself in a supportive environment where healing and growth take center stage. Each day is thoughtfully designed to provide deep, personalized care through EMDR Intensives and group sessions, complemented by restorative practices like yoga and meditation. Between sessions, enjoy delicious meals, peaceful outdoor spaces, and moments of quiet reflection in the heart of New Orleans.

## Wellness Schedule

- Sunday, April 6** Welcome dinner and EMDR group protocol.
- Monday, April 7** A 3-hour block of Individual EMDR (either in the morning or afternoon) and your choice of an adjunctive option. Lunch and Learn CEs will be provided mid-day.
- Tuesday, April 8** A 3-hour block of Individual EMDR (either in the morning or afternoon) and your choice of an adjunctive option. Lunch and Learn CEs will be provided mid-day.
- Wednesday, April 9** Closing breakfast and EMDR group protocol.

## Adjunctive Options

- Yoga
- Guided Meditation
- Reiki
- Massage (additional cost)
- Aesthetician (additional cost)
- Walking Tours (additional cost)

## Invest in Your Healing Journey

### Option 1: Early Bird Pricing (Pay in Full)

- Take advantage of our early bird pricing by making a single payment of **\$3,000**
- This special rate is only available to participants who pay in full by February 6.

### Option 2: Flexible Financing (Klarna, Affirm, or Afterpay)

- For those who prefer a payment plan or register after February 6, the total cost of the retreat is **\$3,400**.
- Flexible financing options through Klarna, Affirm, or Afterpay allow you to divide your payment into manageable installments.
- Financing terms and conditions will vary based on the provider you choose.



[Click here to APPLY NOW!](#)