

Therapy Intensive FAQs



WHAT IS A THERAPY INTENSIVE?



A Therapy Intensive is an accelerated therapy session(s) designed to help clients go deeper and get results faster. Instead of attending therapy one hour per week for a year, why not carve out a weekend or a week for Therapy Intensives?

Think of Therapy Intensives like a retreat. For that weekend or week, you can unplug, take time off work, get a babysitter, or even stay in a hotel to focus on your mental health by healing, reflecting, and reconnecting.

Who can benefit from Therapy 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 standard 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 Therapy Intensive Days should I schedule?

Great question! This depends on your therapy goals. Some goals can be reached in a One-Day Therapy Intensive (3 hours), but others are more complex and may require multiple sessions. Soturi Counseling 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 an intensive add-on therapy?

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



Can my insurance help pay for Therapy Intensives?

Coverage varies based on your plan, so please get in touch with your insurance company to inquire. However, your insurance company may reimburse some of the Therapy Intensive if you have out-of-network benefits. It's best to call the customer service number on the back of your insurance card to learn the details about your specific plan. Ask questions like: Do I have a deductible for out-of-network services? Have I met my deductible? Please review the hyperlink below for insurance inquiry guidance.

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



When are payments due?

A 50% non-refundable deposit is due when you book your Therapy Intensive. The remaining 50% is due on the first day of the Intensive Session. There is an additional \$250 cancellation fee if the appointment is canceled less than 7 days before the scheduled appointment.



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

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

