

Therapy Intensive Package Menu

WHAT'S INCLUDED?

1

Custom-designed Therapy Intensive

A 90-minute session to determine the goals of the Therapy Intensive and prepare for the experience. We will identify the painful memories, beliefs, emotions, or images from which you are seeking relief.



2

Personalized Intensive Workbook

The workbook includes assessments and activities to prepare for the Intensive. The workbook allows you keep a record of progress on your treatment goals before, during, and after our sessions.



3

Pre-Intensive Interview

The Therapy Intensive sessions take place at the office or virtually, and are scheduled for 1-3 days for 3 hours each day. Includes targeted treatment and resourcing activities customized for you.



4

Post-Intensive Interview

A 45-minute session to debrief the experience and reflect on areas of insight, relief, and transformation. Discuss your next steps for continued growth and healing.



Therapy Intensives Package Menu

OPTIONS & INVESTMENT

1 DAY	2 DAYS	3 DAYS
<p>Starting at \$1,500</p> <ul style="list-style-type: none">• 4 hour program• 2.5 face-to-face hours• Resources, assessments, & personalized treatment workbook• Flexible Availability <p>Weekday cost: \$1,500 Weekend cost: \$1,800</p>	<p>Starting at \$3,000</p> <ul style="list-style-type: none">• 8 hour program• 5 face-to-face hours• Resources, assessments, & personalized treatment workbook• Flexible Availability <p>Weekday cost: \$3,000 Weekend cost: \$3,600</p>	<p>Starting at \$4,500</p> <ul style="list-style-type: none">• 16 hour program• 10 face-to-face hours• Resources, assessments, & personalized treatment workbook• Flexible Availability <p>Weekday cost: \$4,500 Weekend cost: \$5,400</p>

