

Journeys Counseling and Consultation Intensives

Intensive Individual therapy offers a focused and supportive environment designed to help individuals thoroughly process unresolved trauma and restore a sense of autonomy over their emotional and physical well-being. Our personalized approach to the immersive format enables meaningful therapeutic progress in a shorter period of time, constructed as a high-impact offering for motivated clients. Intensive formats are ideal for high-functioning professionals, those with limited availability, or clients requiring rapid stabilization and insight. By eliminating the limitations of weekly sessions, intensive therapy facilitates deeper work without the disruptions of daily life, allowing for sustained attention on healing.

Couples' intensive sessions provide an alternative to the standard weekly therapy model, particularly for those with longstanding relationships and complex dynamics. If it has been challenging to carve out time for meaningful relational work amidst life's demands, an intensive format may offer the dedicated space needed for reconnection and growth. Grounded in current best practices and emerging trends, this offering is structured to provide trauma-informed, evidence-based care that supports couples seeking accelerated progress.

Each **personalized intensive** is structured as a one-day (6 clinical hours of therapy, typically 50-minute sessions with breaks) or multi-day experience, tailored to meet your unique relationship goals. We provide tailored therapy approaches based on individual needs, focusing on issues like work-life balance, PTSD, mental health awareness, and family challenges. The intensive cost is \$2500 per day. Two-day sessions are possible and provide deeper immersion into treatment goals, emotional mapping, somatic integration, and advanced relational work.

Pricing Justification Framework (aligned with value-based care):

- **High therapist expertise** (trauma-certified, EMDR-trained, Gottman and EFT-certified)
- **Time-blocked exclusivity** (therapists dedicate full-day(s) to a single client/couple)
- **Accelerated outcomes** (compared to months of weekly therapy)
- **Reduced scheduling friction** (clients avoid weeks-long treatment)

Intensive therapy aims to achieve the following outcomes:

- **Enhance Understanding of Trauma:** Develop a comprehensive awareness of trauma's effects on your mental and physical health to better comprehend personal experiences and responses.
- **Develop Effective Grounding Techniques:** Acquire and implement strategies to manage and mitigate symptoms, promoting emotional intelligence, regulation and stability.
- **Address Attachment-Related Trauma:** Explore and resolve issues stemming from early relational traumas to foster healthier interpersonal relationships and emotional well-being.
- **Process and Integrate Painful Experiences:** Engage in therapeutic methods to confront and work through distressing memories, facilitating their integration and reducing their ongoing impact.
- **Establish a Personalized Plan for Continued Healing:** Create a tailored strategy for ongoing recovery, including identifying triggers and developing coping mechanisms to support long-term well-being.

What you can expect from your day(s) with Journeys Counseling:

- Assessments and Background planning
- 100% Individualized Treatment Plan
- 6 Face-to-Face Hours per day
- Therapy types used EMDR, IFS, EFT, DBT, Neurofeedback, & more...
- Individualized Resources to take home
- Built in Breaks, including 75 min for Lunch
- Lunch and Hotel is Not Included