

PERSONAL INTENSIVES

If you or a loved one have experienced feeling stuck, defeated, or are suffering from unresolved trauma, we are here to help. At our clinic, we offer intensive sessions spanning one to three half days. This provides highly motivated clients with a safe and supportive environment to work through their trauma in the most rapid and efficient way possible. Our intensive therapy program is designed to provide clients with a tailored treatment plan to address their specific needs and therapeutic goals.

Benefits of our intensives include:

- Customized Treatment Plan: Our therapists personalize each treatment plan to ensure it caters to the individual needs and goals of each client.
- Rapid progress: Our intensive therapy sessions allow clients to work through their trauma at a much faster pace than traditional therapy approaches, leading to quicker healing and symptom relief.
- Deep Brain and Body Based Healing through Brainspotting- a powerful, brain/body focused treatment method that identifies, processes, and releases deep neurophysiological and emotional trauma, negative self-beliefs, problematic behaviors, and performance blocks.

What to expect during an intensive:

Step One: A Thorough Intake & Treatment Plan

- Amen Clinic Questionnaire- assessing client symptoms and severity
- Uncover all Therapeutic Goals you have for your life
- Thorough Timeline of all Disturbing or Traumatic Experiences from Childhood through Present Time
- Assess Every Negative Belief you have about yourself
- List of Positive Client Resources (spirituality, nature, family, ancestors, mentors, etc.)
- Identify desired states of being (joy, peace, connection, hope, clarity.)
- Assess client strengths and resources
- Establish most important individualized goals
- Create a tailored treatment plan that is measurable and specific to your goals.

Step Two: Clear Your Trauma(s) and Negative Beliefs Towards Self

- Work one on one with an expert trauma therapist to release and clear the experiences that have caused you to suffer
- Experience the profound healing of achieving deep brain regulation through Brainspotting, the most cutting-edge and effective trauma treatment we have found
- Process and eliminate all negative and limiting self-thoughts you have been programmed to believe
- Internal Family Systems to heal wounded parts of yourself

Step Three: Expansion Brainspotting- Expanding your Life Beyond What you can Imagine

- Recover lost parts of yourself
- Strengthen positive beliefs about yourself
- Connect to the truth of the goodness inherent in your soul thorough "Soul Spotting."
- Expand desired states of being (Joy, Love, Peace, Stillness)
- Accomplish any performance goals you have (Being fit, organized, etc.)
- Fast forward stepping into the dreams and goals you have for your life
- Discover self-compassion and self-love

Additional Details:

Optional Additions to your Intensive Include:

- Restorative and Trauma Informed Yoga to Heal the Mind and Body
- Energy focused Body Work- expedites emotional and physical healing during the Brainspotting sessions (we highly recommend this)
- Rejuvenating massage therapy afterward

Packages Offered for Individuals

- Two Half Day Intensives (10 hours Total) 8 hours of in person therapy with a two hour follow up online. Total Cost is \$_____and must be paid in advance.
- Three Half Day Intensives- (15 hours total) 3 half days with a 1.5 hour online intake session prior to coming and a 1.5 follow up afterward. (This is highly recommended for couples)