

CUSTOMIZED & IMMEDIATE

*Support
for your
Healing
Journey*



*with Amy Wagner
M.A., LMFT, LMHC*

IMMERSIVE HEALING INTENSIVES

Is it right for you?

- **Are you seeking healing and change to happen faster?**
- **Would you like to find relief from your symptoms quicker?**
- **Is it difficult to fit weekly therapy sessions into your already busy schedule?**

The traditional model of weekly psychotherapy is shifting to meet your needs.

Find out how Amy can help you with intensive healing therapy.

Now more than ever, we need flexibility in how we get support.

AN IMMERSIVE HEALING INTENSIVE MAY BE FOR YOU!

- Perhaps you've felt a sense that something profound has yet to change in your life, and you're not quite sure how to shift into a new experience of yourself with your current therapist. Maybe you now cognitively understand new things, yet your body is still confused. You're curious if adding in something else might help.
- Have you been meaning to get into therapy, but your schedule is so hectic and demanding that a weekly therapy appointment feels more overwhelming than supportive?
- Maybe you're needing help — **and a lot of it** — right now, and you don't want to spend months in the traditional weekly model of therapy treatment to feel better.

What is Immersive Healing Intensive? Amy explains...

I believe one of the quickest and most effective ways to overcome our struggles and reduce symptoms is through Intensive Therapy.

Together, we will design your unique Immersive Healing Intensive, which includes EMDR along with Expressive Arts and Sand Tray Therapy. This intensive approach is to work on the struggles that are keeping you from living your life to its fullest potential.

EMDR (*Eye Movement Desensitization and Reprocessing*) therapy has been extensively researched and proven effective for the treatment of trauma. EMDR helps us process negative feelings and change the way we think about ourselves and our memories. The powerful healing effect of EMDR therapy, especially combined

with Expressive Arts in an Intensive Healing environment, can produce faster results than standard talk-therapy techniques. ***Healing Immersions can help clients to process information faster and heal quicker.***

The work is certainly INTENSE, but so is the healing!

In some cases, our time together can be utilized to work on very specific parts of your story and after the Intensive, you return to seeing your regular therapist. If you currently have a therapist, please feel free to discuss this option with them.

I can help you decide if an Intensive is right with you during a free 30 minute consultation. **[Click here](#)** to contact me and reserve a time.

Benefits to using an Intensive Therapy Approach:

PROCESS MORE INFORMATION FASTER

Dedicate 1-5 days to focus on healing, growth, and connection.

COST EFFECTIVE

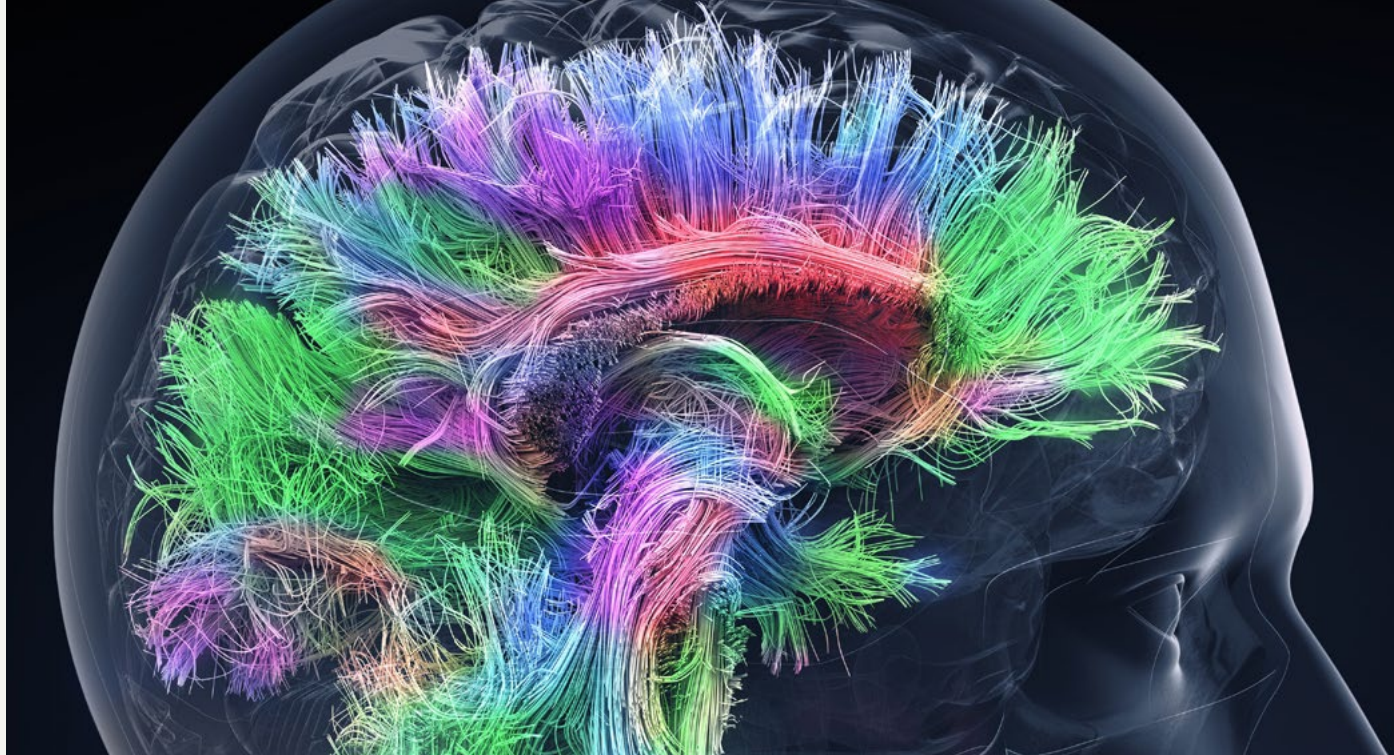
Immersive Healing Intensives are highly concentrated and highly focused, sometimes requiring less time and overall cost to the client.

HEAL IN DAYS NOT MONTHS

Stop scheduling your weeks around therapy sessions.

MAKE A LASTING CHANGE

Take care of your mind, body, spirit and soul



RESEARCH ON INTENSIVE EMDR THERAPY IS POSITIVE

- Intensive application of trauma-focused therapy seems to be well tolerated in clients with PTSD, enabling faster symptom reduction with similar, or even better, results, while reducing the risk that clients drop out prematurely. *Learn more [here](#) and [here](#).*
- An intensive program using EMDR therapy is a potentially safe and effective treatment alternative for complex PTSD. *Learn more [here](#).*
- The economy is compelling: even compared to other trauma therapy, the intensive format may decrease treatment time, because of time not spent on a) checking in at the beginning of each session, b) addressing current crises and concerns, c) focusing on stabilizing and coping skills that the client won't need after trauma healing, or d) assisting the client in regaining composure at the end of the session.

Some things to consider:

AN INVESTMENT IN YOUR FUTURE

Immersive Healing Intensive therapy is a financial investment in you and your future. Rather than being on the weekly payment plan of traditional therapy treatment, you will be investing a larger amount of money up front (that in the long run will likely still be less money than ongoing weekly therapy). Many people choose to plan and save before they can schedule an Intensive. Once the Intensive is scheduled though, you will have a fixed cost to work with rather than the unknown of ongoing weekly therapy.

CHANGE HAS AN IMPACT

When clients make fast but highly effective changes in how they feel and move through the world, that can often impact (both positively as well as negatively) the family system in which they live. Sometimes other parts of the system don't handle the healing very well. These issues and concerns will be addressed both at our **Getting to Know You Session** and during the wrap up of our time together. I am a systemically trained marriage and family therapist and while Intensive work is amazingly healing, it can also be system disrupting.

AFTER YOUR INTENSIVE

Many people feel ready to simply move forward after our time together with a new view of their world and a more joyful, lighter feeling. Some clients will benefit from having an established relationship with a therapist who can help them navigate the ongoing healing journey if our work together focused on certain aspects of their story (pre-verbal trauma work for example). Some people will need to schedule several intensives to fully process and heal their stories. In these situations, having a regular therapist to help work on things between Intensives may be recommended or required. We will thoroughly discuss all of this when we have our Consultation call and **Getting to Know You Session**.

How to book a consultation:

CALL, EMAIL OR VISIT www.growingbranches.net

407-488-9043 • amy@rowingbranches.net

FAQ's

How much do Immersive Healing Intensives cost?

- Full-day Intensives (in-person) = \$1,250 per day (6-hours of therapy per day) or Half-Day (virtual for FL residents or in person) = \$625 per day (three hours of therapy)
- A 50% deposit will be required to confirm your appointment times. When the time is reserved, I am reserving time on my schedule to work only with you.
- The remaining 50% will be paid on the first day of the Intensive

What if I need to cancel or reschedule?

If something comes up and you are unable to attend your Intensive, please contact me as soon as possible to discuss rescheduling. Rescheduling 7-days prior to your Immersive Healing Intensive will not affect your deposit or payment. If you need to cancel your Healing Immersion entirely, any deposit money already paid will be returned minus a \$1,000 scheduling fee.

How long do intensives take and how does the time together flow?

Full day intensives (in-person) take between 1-5 days depending on the scope of work we plan to address. Typically, sessions will begin around 9:00AM and last until about 5:00PM, with several breaks in between (a total of 6 hours of therapy throughout the day). Intensives are individualized for various needs of the client. Half-Day

intensives can be scheduled in the morning or afternoon.

We work together to keep the schedule entirely flexible to accommodate the work we are doing. Depending on the nature of the work, breaks will be taken as needed, with a generous lunch break. The nice part about working this way is the flexibility afforded to tailor the work to what your system needs at the time. We do not have to rush to pack up unfinished work as frequently happens in weekly hour-long therapy sessions.

How many days will I need to schedule?

That is the magic question. During our **Getting to Know You Session** we will discuss what you would like to work on and the goals you would like to achieve through the Intensive. At that time, you and I will decide how much time will be needed. I may ask you to submit a brief written history to me ahead of time to utilize most effectively our **Getting to Know You Session**.

This is a general guideline on what scope of work fits into the Immersive Healing Intensive schedule:

One full day or half day – experiences that happened recently in your life such as a car accident, pet loss, issues related to the recent pandemic

Two – three days – experiences such as death of a close relative or partner, catastrophic medical issue, divorce, partner affair, sexual assault as an adult, intimate partner violence

Four – Five days – this type of Immersive Healing Intensive is for people seeking deep healing and life story transformation from early childhood adverse experiences, childhood sexual abuse, childhood neglect and other difficult experiences that keep them from fully thriving in adulthood.

How do I schedule an Intensive with Amy?

First, schedule a 20-minute, free phone or virtual consultation with Amy. Consultations are not therapy – it is a time for exploration to see if an Immersive Healing Intensive with Amy is a good fit for you.

How do I prepare for an intensive?

Amy suggests treating the days surrounding Intensive sessions like a personal retreat. This is a time for you to really focus on your healing journey. Amy can assist out of area client with scheduling activities you may enjoy such as massages, yoga, and hiking for after your Intensive session. Assistance with lodging and dining is also available.

Where do intensives take place?

All full day Intensives take place in Amy's office in Orlando, Florida. Half day virtual Intensives are available for Florida residents only.

Your Immersive Healing Intensive includes:

- **Complimentary Consultation Session** allows us to meet, discuss Intensive overview and assess appropriateness for Intensive Therapy.
 - **Getting to Know You Session.** Time for us to discuss the experiences you wish to focus on, your life story and history and co-develop a plan for our work together.
 - **Personalized Workbook** allows you to work on your Immersive Healing Intensive goals before, during and after our time together.
 - **Scheduled Intensive Time** in my beautiful office in Orlando, Florida.
- Refreshments Provided for Breaks**
- Post Intensive Session** to assess and support the positive changes and adaptation from your Immersive Healing Intensive.


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[Contact Amy to book a free consultation >>](#)

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