

WHAT IS A THERAPY INTENSIVE?

A Therapy Intensive is an accelerated form of therapy 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? It's a cutting-edge approach to help people feel better faster. No need for a weekly therapy appointment.

In fact, many people 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. This time is completely dedicated to you so you can focus on 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 normal 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 Intensive Days should I schedule?

Great question! This depends on your goals for the Therapy Intensive. Some goals can be reached in a 1 Day Intensive (3 hours), but other goals are more complex and may require a 3 Day Intensive. I 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 as adjunct therapy?

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

Can my insurance help pay for Therapy Intensives?

Therapy Intensives are not covered by insurance. However, if you have out-of-network benefits, your insurance company may reimburse a portion of the Therapy Intensive. It's best to call the customer service number on the back of your insurance card to learn the details about your specific plan. Make sure to ask questions like: Do I have a deductible for out-of-network services? Have I met my deductible? What CPT billing codes do you reimburse (i.e. 90837 or two 90843 in one day)? What is the rate of reimbursement for each billing code? What is the allowable amount for reimbursement?

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

When are payments due?

A 50% non-refundable deposit is due at the time you book your Therapy Intensive. The remaining 50% is due on the first day of the Intensive Session.

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

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