

Eclectic

CLINICAL INTENSIVES



IMMERSIVE • CULTURALLY ROOTED • INTENTIONAL

The Life Reset Intensive

Sometimes, 55 minutes just isn't enough.

When you're:

- **processing a breakup**
- **navigating a major life change**
- **trying to break long-standing patterns**
- **making a difficult life decision**

That's why 3-hour therapy intensives are now available virtually & in-person.

✦ Therapy Intensives (3 hours) are designed to give you uninterrupted time to process, gain clarity, and move forward.

What is a Therapy Intensive?

A therapy intensive is an extended session that allows us to go deeper than a traditional appointment.

Instead of stopping after 55 minutes, we use 3 hours of focused therapeutic work to:

- Process major life transitions**
- Work through relationship challenges**
- Gain clarity around difficult decisions**
- Explore emotional patterns and triggers**
- Do deeper trauma or personal growth work**

This format allows for meaningful breakthroughs without rushing the process.

Who Are Intensives Are For

Therapy intensives may be helpful if you:

- ✓ **Feel stuck in a situation and want clarity**
- ✓ **Are you navigating a breakup, separation, or relationship shift**
- ✓ **Need space to process a major life change**
- ✓ **Want to accelerate your therapeutic work**
- ✓ **Prefer deep, focused sessions instead of multiple shorter ones**

What to Expect During an Intensive

Your intensive is designed to give you focused, uninterrupted space to do meaningful work.

During our time together, we may:

- Identify the core issue you want to work through
- Explore patterns, triggers, and emotional responses
- Process experiences and gain deeper insight
- Develop practical tools or next steps
- Create clarity around decisions or boundaries

Breaks can be taken if needed so the work stays productive, grounded, and intentional.

What the Experience Looks Like

To get the most out of your intensive session:

- ✦ Come with one main issue or life transition you want to focus on
- ✦ Allow yourself time to rest afterward if possible
- ✦ Wear comfortable clothes, bring blankets, or anything else that helps you stay comfortable
- ✦ Be open to exploring thoughts, emotions, and patterns with curiosity

Intensives are about creating the time and space needed for deeper healing and clarity.

✦ I provide water, tea, & light snacks, pens, & notebooks in person

✦ Weekends & After hours available

Investment

\$465 total investment for 3 hours

Payment Policy

Full payment is required to reserve your intensive date.

Limited availability to ensure depth, privacy, and quality care.

Important to Know

- **Availability is limited.**
- **Early inquiry is encouraged**
- **Intensives are not billable to insurance**

Scheduling an Intensive

Before scheduling, we will briefly discuss:

- What you'd like to focus on
- Whether an intensive is the best fit
 - Scheduling availability

This ensures your intensive is intentional, focused, and productive.



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*Because you don't need more time during the week.
You need more time right now.*