

INDIVIDUAL & COUPLES THERAPY INTENSIVES

*A dedicated space for deeper healing, clarity,
and meaningful change*

Sometimes weekly therapy doesn't provide enough space
for the work you're ready to do.

Therapy intensives offer extended, focused time to explore
the patterns shaping your relationships, process experiences
that continue to impact you, and begin creating meaningful shifts
in how you show up in your life and connections.

These sessions are designed for individuals and couples who want to move
beyond surface-level coping and invest in deeper healing.

Who Are Intensives For:

This may be a good fit if you:

- feel stuck in the same relationship patterns
- want to process past experiences that continue to affect you
 - feel ready for deeper emotional work
- want to make meaningful progress in a shorter amount of time
- want dedicated space to focus on your healing or relationship

Why Intensives Can Be Powerful:

Traditional therapy often happens in small weekly pieces.
Intensives allow us to stay with the work long enough to move through insight,
emotional processing, and integration without the stop-and-start rhythm of shorter
sessions.

Clients often leave feeling:

- clearer about their patterns
- more connected to themselves and others
- equipped with practical tools for moving forward

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The Reset Intensive:

The Reset Intensive is a structured healing experience for individuals ready to do deeper work. Sometimes weekly therapy doesn't provide enough space for the patterns you're ready to move through.

The Reset Intensive is a three-part experience designed to help you slow down, process what's beneath the surface, and begin creating meaningful shifts in how you relate to yourself and others.

How It Works:

Session 1 – Planning Session (1.5 hours)

We begin by mapping your goals, identifying the patterns you want to work through, and preparing you for the processing work ahead. You'll leave this session with clarity about what we'll be focusing on.

Session 2 – Processing Session (3 hours)

This is the heart of the intensive.

Using EMDR and attachment-focused approaches, we move beyond insight and into deeper emotional processing – working through the experiences and patterns at their root.

Session 3 – Follow-Up Session (1 hour)

We reconnect after your nervous system has had time to integrate the work. We consolidate what shifted, strengthen your tools, and map intentional next steps.

Sessions are scheduled across separate days to support integration and meaningful progress.

Investment: \$1,350

Limited intensive appointments are available each month to maintain quality of care.

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The Reconnect Intensive:

The Reconnect Intensive is a structured healing experience for couples ready to do deeper relational work.

Relationships can reach moments where weekly therapy doesn't feel like enough space to work through what's really happening between you.

The Relationship Reset is a five-part couples intensive designed to help partners slow down, understand the patterns shaping their connection, and begin building something more secure and intentional together.

How It Works:

Sessions 1 & 2 – Individual Sessions (1 hour each)

Before coming together, each partner meets individually. This is a private space to share your experience, clarify your hopes for the work, and arrive at the joint sessions with additional awareness of goals and struggles related to the relationship.

Session 3 – Joint Planning Session (1.5 hours)

We map your relationship patterns, identify the cycles keeping you stuck, and prepare for the deeper processing work ahead. You'll leave this session with clarity about what we're working toward and why.

Session 4 – Processing Session (3 hours)

This is the heart of the intensive. Using attachment-based and EMDR-informed approaches, we move beneath the surface of recurring conflict and disconnection – working through relational wounds and building new ways of showing up for each other.

Session 5 – Follow-Up Session (1 hour)

We reconnect after both partners have had time to integrate the work. We consolidate what shifted, strengthen communication tools, and map intentional next steps for your relationship going forward.

Sessions are scheduled across separate days to support integration and meaningful progress.

Investment: \$1,900

Limited couples intensive appointments are available each month to maintain quality of care.

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What Makes Intensives Different:

These sessions are intentionally structured to create a supportive space for deeper work.

Your intensive may include:

- EMDR Therapy
- relational therapy, including the Gottman Method
 - attachment-focused exploration
- practical tools for strengthening relationships

Investment:

Therapy intensives are private-pay services designed to provide focused time and individualized support.

Limited intensive appointments are offered each month to maintain the quality of care.

A payment plan option is available.

A deposit is required to reserve your intensive dates.

Invitation:

Healing often requires more than insight.
It requires time, attention, and intentional space.

Therapy intensives provide an opportunity to slow down, explore what matters most, and begin creating meaningful change.

Claim Your Spot:

Learn more about therapy intensives or schedule a consultation at

www.AmplifyConnectionTherapy.com