

PATH TO GROWTH THERAPY

Intensive Brochure



www.pathtogrowththerapy.com

Welcome



I'm so glad to meet you & to explore how an intensive can change things in your life for the better. I'm Sheila Trabelsi. I'm a licensed therapist with over a decade of experience working with clients of all ages and backgrounds. I have extensive training in Eye Movement Desensitization & Reprocessing (EMDR) and I love sharing it with the world because it is absolutely life changing! It is also a leading evidence-based therapy for processing traumatic experiences.

Intensives are a powerful format of therapy that can bring a remarkable amount of insight and breakthrough to people who have felt stuck and are suffering.

I invite you to look through this booklet and I'm happy to answer any questions you may have about what a therapy intensive could look like for you. If you resonate with what you see, you will have an opportunity to schedule a free, no obligation, consultation call. Let's talk about what's happening in your world and if an intensive could be right for you.

My wish is that you find the support and the peace that you are looking for. I would love to be a part of your journey!

Sheila





Journey deeper. Feel better faster.

Maybe you've been through something really painful, and it's still affecting you. Or you've got a big event on the horizon—a wedding, a new job, becoming a parent—and you want to be mentally and emotionally ready. Or maybe you're already doing weekly therapy, but you feel stuck and ready to break through. If any of this sounds like you, a Therapy Intensive could be a perfect fit.

The intensity and focus of an intensive mean you can skip the usual “stop-and-start” of weekly sessions. Without the weeklong gaps in between, you're able to go deeper and make faster progress. This time is all about you, so whether it's a 3-hour block or 3 full days, you're dedicating space to truly focus on yourself.

For a few days, you could set aside all other responsibilities: unplug, take time off work, maybe even stay in a hotel. It's like a personal retreat with therapy as the center, designed to help you feel better faster and make real, lasting changes.

This isn't just time-efficient—it's deeply transformational. The time you spend on this intensive can translate to real change in your everyday life, bringing you closer to the goals that matter most to you.

I help you...

HEAL FROM PAINFUL MEMORIES

Does it feel like no matter what you try, you still get moments of overwhelm? That thing from your past just won't get out of your head and you need to do something more than regular therapy. You're ready for change.

FEEL MORE CALM & CONNECTED

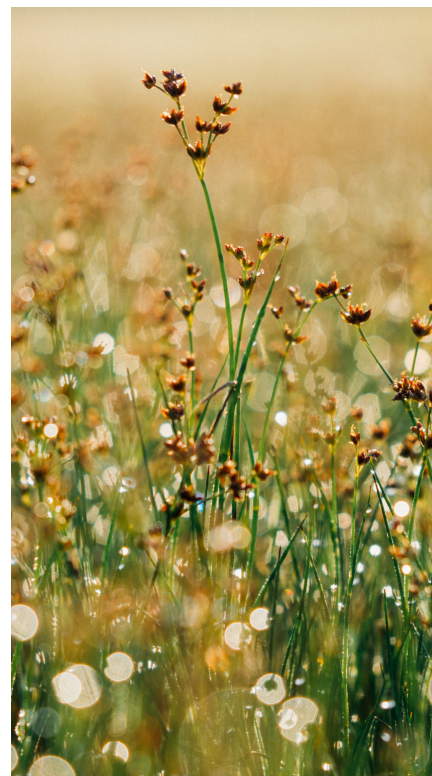
When you're always stressed out or living on the edge it's exhausting. You can do and say things you would normally never do. You're ready to feel closer to your friends and more connected inside, to be yourself again.

LET GO OF GUILT & SHAME

Maybe it feels like you are never good enough or that it's your fault. You've been living at odds with yourself and it's killing you. You just want to believe that you did the best you could.

FEEL EXCITED ABOUT LIFE AGAIN

When you're carrying the weight of the world, life can feel hard all the time. I want to help you feel lighter so that you can feel moments of joy & be able to be present for the good stuff.



Do you want
to feel more
calm, confident, & connected?

An Intensive may be right for you!



Individual Intensive Options & Investment



1 DAY	2 DAYS	3 DAYS
<p>Starting at \$2,555</p> <ul style="list-style-type: none">• 8 hour program• 6 face-to-face hours• Resources, assessments, & personalized treatment workbook• Deluxe Wellness Bundle• Available Tue-Sat <p>Weekday cost: \$2,555 In-Person &/or Weekend cost: \$2,850</p>	<p>Starting at \$3,510</p> <ul style="list-style-type: none">• 11 hour program• 9 face-to-face hours• Resources, assessments, & personalized treatment workbook• Deluxe Wellness Bundle• Available Tue-Sat <p>Weekday cost: \$3,510 In-Person &/or Weekend cost: \$4,150</p>	<p>Starting at \$4,490</p> <ul style="list-style-type: none">• 14 hour program• 12 face-to-face hours• Resources, assessments, & personalized treatment workbook• Deluxe Wellness Bundle• Available Tue-Sat <p>Weekday cost: \$4,490 In-Person &/or Weekend cost: \$5,050</p>

Note: Therapy Intensives are not covered by insurance. Please know that the insurance company requires a diagnosis code as a reason for treatment. I recommend calling the customer service number on the back of your insurance card in order to get details about your specific plan. I'm happy to provide more information to help with this process.

What's Included

01 PRE-INTENSIVE INTERVIEW

A 90-minute session to determine the goals of the Therapy Intensive and prepare for the experience. We will identify the painful memories, beliefs, emotions, or images from which you are seeking relief.

02 PERSONALIZED TREATMENT WORKBOOK & DELUXE BUNDLE

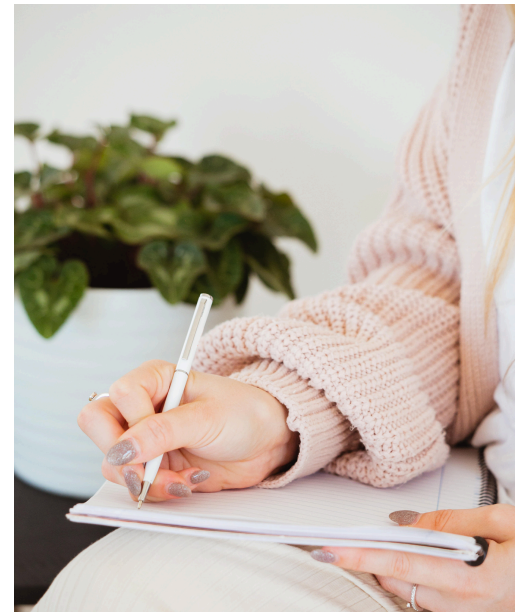
The workbook includes assessments and activities to prepare for the Intensive. A personalized bundle will be mailed to your door that includes a journal to record progress on your treatment goals before, during, and after our sessions along with several other personally chosen items to enhance your experience.

03 CUSTOMIZED TREATMENT PROGRAM

The Therapy Intensive sessions take place at the office or virtually, and are scheduled for 1-3 days for 3 hours each day. Includes targeted treatment and resourcing activities customized for you.

04 POST-INTENSIVE INTERVIEW

A 90-minute session to debrief the experience and reflect on areas of insight, relief, and transformation. Discuss your next steps for continued growth and healing.



WHAT TO BRING

- Comfortable clothing and shoes
- Personal snack items
- Any personal self-care items you enjoy (crafts & art supplies, a book, anything that brings you comfort).
- A list of questions or concerns that you want to address during the retreat.
- An open and honest attitude, and a willingness to work through difficult emotions and challenges.

Sample Schedule

Note: Each intensive is tailored specifically to the client. This agenda serves as a guide, and will be modified based on the insights and experience in real time.

1 DAY	DAY 2	DAY 3
9am-9:15am WELCOME & HOUSEKEEPING	9am-9:15am WELCOME & CHECK IN TIME	9am-9:15am WELCOME CHECK IN TIME
9:15-10:45am THERAPY SESSION	9:15-10:45am THERAPY SESSION	9:15-10:45am THERAPY SESSION
10:45-11am BREAK	10:45-11am BREAK	10:45-11am BREAK
11am-12pm THERAPY SESSION	11am-12pm THERAPY SESSION	11am-12pm THERAPY SESSION



Frequently Asked Questions

Who can benefit from 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 intensive as an 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.

What does the research say about EMDR Intensives?

Intensive application of trauma-focused therapy seems to be well tolerated in patients with PTSD, enabling faster symptom reduction with similar, or even better, results, while reducing the risk that patients drop out prematurely. [Learn more here](#) and [here](#).

Intensive EMDR treatment is feasible and is indicative of reliable improvement in PTSD symptoms in a very short time frame. [Learn more 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.

Where are EMDR Intensives offered?

In person at in Denver, Boulder or Fort Collins or online throughout Colorado. EMDR intensive sessions are similar to going on a personal retreat. It's best to allow time outside of sessions to be unscheduled or filled only with self-care activities like exercise, body work (acupuncture or massage), and creative expression – drawing, painting, cooking. For those traveling to Colorado, I love to share a list of “Favorite Things” to help you make the most of your time outside of session or if you're looking for a little more, we can tailor the entire experience for an additional cost. Reach out for more information about concierge services.

Are EMDR Intensives worth the time and money?

EMDR Intensives give you the results you would get from months of therapy in a much shorter period of time. If you add up the cost of weekly therapy, an EMDR Intensive is actually more cost effective. Instead of waiting months, you can get the same results in a few days.



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? I also offer reimbursement tools like Mentaya and financing options as well through CareCredit and Affirm.

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 2 days prior to 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.

Book NOW!



Are you ready to...

feel more calm, confident,
and in control of your life?

[SCHEDULE A FREE CONSULTATION](#)

