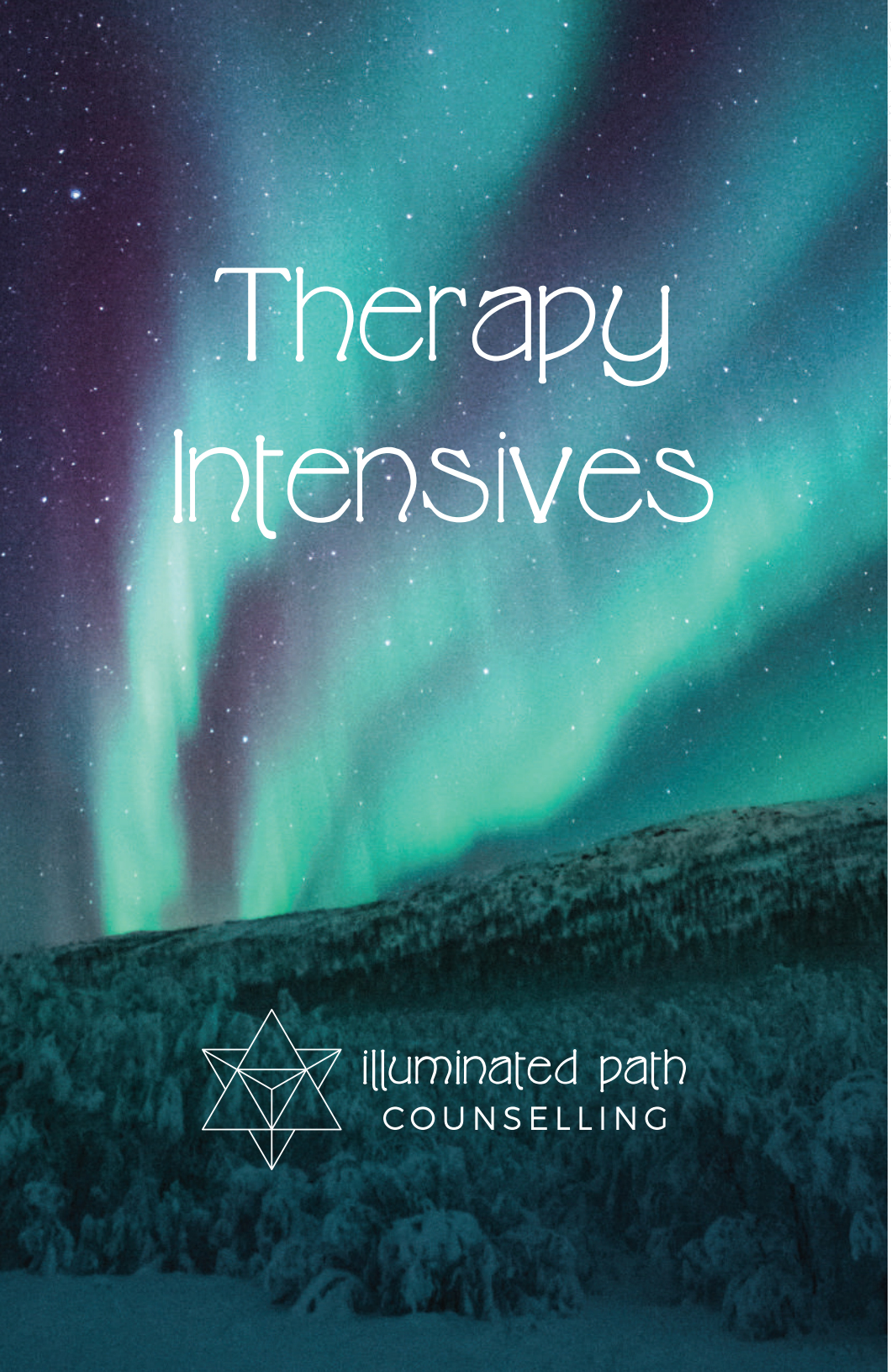


Therapy Intensives are a unique format of counselling that allows you to book a tailored personal experience for 3 – 6 hours to really deep dive into healing work. While the standard one-hour format of counselling is excellent for many people, some people would prefer to condense months of counselling into a shorter time frame.

By utilizing methods including Eye Movement Desensitization and Reprogramming (EMDR), Accelerated Resolution Therapy (ART), parts work, and trauma-informed attachment work, we can personalize an experience to see change over a few hours instead of months or years.

With this Intensive approach, you could tackle one or multiple stressors in one or two half-day sessions. Plus, since deep therapeutic processing is so effective, you're often getting more benefit than you'd get from traditional therapy sessions.



Benefits of Therapy Intensives

Deep Work

Therapy Intensives offer a unique opportunity to work through past and current concerns. Break away from the constraints of weekly sessions with unhurried, focused, and dedicated time for healing and growth.

Gain Clarity

Improve communication, self esteem, and boundaries. Evolve your ability to recognize patterns in your life, and heal from trauma and emotional distress.

Accelerated

Intensive therapy sessions provide a concentrated and immersive healing experience, allowing you to work through challenges at a deeper level while still balancing your everyday life. Because they offer a structured approach that can lead to significant insights and emotional breakthroughs in a shorter time frame, it is possible to do a portion of work and return to your regular therapist if desired.

Convenience & Flexibility

Juggling work and life can be challenging, and frequent therapy sessions don't always fit into a busy schedule. A Therapy Intensive gives you the freedom to pursue healing on your own terms; allowing you to bypass waitlists and the scheduling of ongoing sessions. You'll start feeling better sooner, and you won't have to keep taking time off work or paying for childcare to make it to your sessions.

Comfort

Intensives are offered virtually and can be done from the comfort of your home. This allows you to be in your own space, grab a blanket, or have a pet nearby. Virtual appointments are available for clients in Alberta, Saskatchewan, Ontario, and Nova Scotia.

Multiple Approaches to Healing

Together, EMDR, ART, and parts work offer powerful, efficient ways to resolve trauma and break unhelpful patterns — without requiring individuals to relive or verbalize every detail. These approaches empower individuals to process experiences at their own pace, fostering healing while minimizing emotional overwhelm.

Intensives Help with:

- Anxiety, panic attacks, phobias, and social anxiety.
- Trauma, abuse, painful childhood experience, family patterns, accidents, violence, injuries, and complex trauma.
- Depression,
- Grief, loss, chronic pain, and illness,
- Life transitions: illness, divorce, work, retirement, children.

Therapy Intensives are Great for:

- People who wish to see progress sooner.
- People who are busy with work or family.
- People are wanting to try something different.
- People who are motivated to change.





Who May Not Benefit From Intensives:

- Active addiction: We ask that you abstain from substance use 2 days prior attending the Intensive and during the Intensive.
- Active and serious consideration of self-harm: You may need to seek additional support as Intensives could overwhelm you.
- Those in crisis: Intensives are hard work and require us to stay with pain for a longer period of time. This could be overwhelming for people in crisis.
- Unmotivated for change: If someone else wants you to make the changes or you are not ready for change then you may not benefit from an Intensive.
- Looking for a a quick fix: While great for doing a portion of dedicated healing work, Intensives are not designed to clear all past concerns in trauma.



Structure of an Intensive

Before the Intensive

1. 20–30 minute consultation call to see if an Intensive is right for you, ensure we are a good fit, and answer any questions.
2. Fill out paperwork.
3. An initial 1 hour pre-Intensive appointment to get to know each other, set goals, do a thorough assessment, review paperwork, go over ART or EMDR, and tailor your experience.
4. Book Intensive for one half-day (3 hours) or two half-days (6 hours).

On the Day of Your Intensive

1. 10–15 minutes to focus the Intensive and ground into the work.
2. Deep work lasting 2.5 hours.
3. 10–15 minutes to wrap up and debrief.
4. Breaks are important for everyone. This is hard work, and honouring this is an important part of the process. We will work together to determine when breaks are needed.

Following a Therapy Intensive

1. Self care.
2. You and your therapist will meet for one more hour to debrief and develop a transition plan, which may include continued individual sessions, scheduling more Intensives, seeking referrals, returning to your therapist, or exploring additional services.
3. Your follow up visit can take place on the same day as your Intensive session, or at a later date.

How to Best Create a Meaningful Experience

- Grab a journal
- Wear comfortable clothes
- Grab blankets
- Have a pet nearby
- Bring snacks
- Book a hotel if you want!

Payment

- Therapy Intensive services are a specialized, unique service and fees are reflective of the dedication, effort, intentionality and adaptability.
- We ask that you pay a 50% non-refundable deposit to secure the time it takes to do an Intensive. Intensive appointments are reserved exclusively for you, and require a large amount of time.
- We require a minimum of 2 weeks notice to cancel or reschedule your Intensive.
- If cancelled within 72 hours you will be charged the full amount.
- We do not direct bill insurance for Intensives, but please check with your insurance provider as many do cover some or all of the cost.
- Regardless of your insurance provider, you are responsible for the total cost of the Intensive services.
- Receipts will be provided for all services.

Cost

One Half-day — Total Investment: $1,500
- Includes intake, Intensive and debrief
- Will be booked on a Thursday or Friday morning or afternoon
- A total of 5 hours of therapy

Two Half-days — Total investment: $3,000
- Includes intake, Intensive and debrief
- Will be booked for a Thursday and Friday morning or afternoon
- A total of 8 hours of therapy

Which Day and Times are Intensives Offered?

- One Half-day Intensive: Thursdays or Fridays from 9am–12pm or 1pm–4pm
- Two Half-day Intensives: Thursdays & Fridays from 9am–12pm or 1pm–4pm

Booking

Once you have met to have a consultation call to see if it is a good fit, we require you to complete your paperwork and make a non-refundable deposit of 50% in order to book your Intensive.

What if I Already Have a Therapist?

Intensives are a wonderful way to add to your therapy experience. Once you complete your Intensive you are welcome to go back to see your primary therapist.



FAQs

illuminated path
COUNSELLING

Online Counselling for Adults 18+

Available in
Alberta, Saskatchewan,
Ontario, and Nova Scotia

Book an Online Appointment Today

illuminatedpathcounselling.com