



# Intensive Therapy Program

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*"He restores my soul; He guides me in the paths of righteousness." Psalm 23:3*

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## **PURPOSE OF THE INTENSIVE THERAPY PROGRAM**

I have found intensive therapy is more effective and efficient than traditional therapy in the following situations: 1) getting at and healing deeply-rooted traumas; 2) rapidly helping those in significant pain; and 3) overcoming hurdles that have been resistant to traditional therapy approaches. Some people prefer the Intensive for the sake of addressing problems quickly over a much shorter span of time.

## **HOW IS THE INTENSIVE SCHEDULED?**

There are a total of 16 sessions scheduled in two hour increments over an eight consecutive day period (excluding weekends).

## **WHAT ABOUT MY JOB?**

You will greatly benefit by staying focused on your therapy. I highly recommend you "clear your calendar." Plan to take time off of work; try not to be planning any big events, i.e.: parties, seminars, preparing to host guests, etc. There are several nearby hotels and some clients have found it beneficial to stay away from home to minimize distractions.

## **WHAT IS THE FEE?**

\$3,440.00 The Intensive is prepaid and the balance is due seven days prior to the start of the Intensive.

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*"Where there is no guidance, the people fall, But in abundance of counselors there is victory." Proverbs 11:14*

*"You shall know the truth, and the truth will set you free." John 8:32*

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### **WHAT CAN I EXPECT GOING THROUGH THIS INTENSIVE THERAPY?** (Thoughts, feelings, etc.)

You will initially have some apprehension mixed with excitement. As you do deeper work you often will feel tired and need "space" to recover and then go on to do your homework. Some sessions will be harder than others. Some will feel more productive - like a big breakthrough. There may be a crisis point along the way that God will use to highlight and heal an issue. All of this is part of a typical Intensive experience.

### **WHAT ABOUT INSURANCE?**

Insurance may help with some of the costs for the Intensive Therapy Program. However, Dr. Crow is no longer considered an in network provider, he is now an out of network provider. The office can provide you with the appropriate documentation to submit to your insurance company for possible reimbursement. Please note that **this does not guarantee payment.**

### **I AM READY! WHAT IS THE NEXT STEP?**

Contact Dr. Crow at (480) 947-1989 and tell her you are ready. He will email you an agreement. You need to read, sign, and fax the agreement back, or bring it in to your next appointment. You may pay the non-refundable deposit over the phone or when you come to your next appointment - this will be applied to your Intensive.

Your Intensive will be scheduled as soon as possible based on the availability of our schedule and your availability.

### **AFTER I HAVE COMPLETED THE PROGRAM – WHAT HAPPENS NEXT?**

I recommend you schedule a minimum of 8 (eight) weekly follow-up appointments after the completion of your Intensive. Typically clients need this additional processing of the intensive work. These sessions are not included in the program and you will need to schedule them as you normally would around your work commitments and pay when services are rendered.

### **CANCELLATION NOTICE**

Our customary policy regarding the cancellation of this program is two weeks prior to the first date of the first Intensive session. **The deposit is non-refundable.**

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*"God is our refuge and strength, a very present help in trouble." Psalm 46:1*

*"Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any harmful way in me, And lead me in the everlasting way." Psalm 139:23, 24*

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