

When an Hour a Week Isn't Enough

When trauma is heavy, or it has been piling up for years, stopping every 50 minutes and picking it back up next week can feel like starting over. Intensives give you longer, focused sessions so we can go deeper and help you make real progress.

— *Focused treatment. Meaningful recovery. Lasting resilience.*

1 Who We Help

Intensives and our workers' compensation services can help if you're dealing with:

- PTSD or complex trauma
- A work-related psychological injury or a workers' compensation claim
- A critical incident, or years of calls that have added up
- Anxiety, depression, or emotions that feel harder to manage than they used to
- Being on guard all the time, trouble sleeping, or stress that won't shut off
- Burnout, moral injury, or losing your sense of who you are in this work

3 Workers' Compensation

If your treatment is part of a workers' compensation claim, we take care of the paperwork side too. That includes treatment documentation, progress reports, and coordination with authorized referral sources when appropriate, so you can put your energy into getting better.

2 How We Work

We use trauma therapies designed to help your brain and body actually process what happened, not just talk around it. These include Brainspotting, Accelerated Resolution Therapy (ART), Deep Brain Reorienting (DBR), Cognitive Behavioral Therapy (CBT), and nervous system regulation work.

Depending on what you need, that can look like traditional weekly therapy, an extended trauma intensive, or a mix of both, with a recovery plan built around you.

4 Regulation Before Resilience

You can't build resilience on a nervous system that's still stuck in survival mode. So we start by helping you feel steady again: sleeping better, thinking more clearly, and feeling like yourself at home and at work. From there, we build the kind of resilience that lasts.

The goal isn't just fewer symptoms. It's getting your life back and reconnecting with your sense of purpose.

TAKE THE NEXT STEP

You don't have to carry it alone.

We welcome calls from individuals, first responders, employers, workers' compensation professionals, and referring providers. Ask us about intensive programs, workers' compensation services, or how to make a referral.

25+

years of clinical experience
with trauma and first
responders



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