

# Therapy Intensive

A two week transformative experience for ambitious women to reprogram their relationship with anxiety, perfectionism and people-pleasing while learning to effectively manage overwhelm and boost their self-worth.

This Intensive Therapy experience will empower you, allow you the opportunity to calm the inner critic, embrace healthier coping strategies and relationships as well as enhance your mindset and behaviors for growth.

## What to Expect

- Evidence-based and strategic personalized support from an experienced mental health provider; offering accurate mental health wellness education and strategy; increasing enhancement of clarity and the opportunity for greater long-term success.
- The opportunity to embrace peace and increase fulfillment and happiness.
- A more grounded and regulated mind and body.
- A clearer understanding of anxiety and the behaviors that are keeping you stuck.
- Greater opportunity for long-term success.

### **Offer INCLUDES (To be completed over the course of 14 days):**

- Three, 1.5-2 hour sessions where we identify and address challenges in your thoughts, emotions and behaviors, acknowledge areas of strength, and begin overcoming any blocks that are present.
- One 1.5 hour 1:1 Hypnotherapy processing session
- The opportunity to reprogram more adaptive and productive beliefs that align with your values.
- Unlimited texting/messaging support throughout the 14 days.

## **BONUSES:**

- Accompanying workbook to enhance flexible and supportive learning opportunities.
- Five hypnosis recordings to support establishment of internal resources, gain clarity, release unproductive internal narratives, and reprogram more adaptive and productive beliefs that align with your values.
- A robust framework that will empower you and support calming of your nervous system and mind.
- Accountability with completing assignments and progress towards establishing value driven goals.
- The Intensive Therapy offer provides roughly the equivalent of 17 or more therapy sessions; given that each Hypnosis session and recording is equal to at least 6 traditional therapy sessions per evidenced based research.
- Expedited transformation process compared to that of traditional therapy approaches.

**Regular Investment:** \$ 2,500.

**Current Investment:** \$ 1,497.00

**\*\*THIS OFFER IS NOT COVERED BY INSURANCE\*\***

NOTE: Current investment reflects over a \$1000. savings.

*Text, call or email Kat to schedule a Discovery Call or Enroll*

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