

Therapy Intensives

A GUIDE FOR THOSE READY TO GO DEEPER

If you've been in weekly therapy for years and still react the same way in the moments that matter, you haven't failed at therapy — you may have simply outgrown the format.

Signs You Might Be Ready

- Talking about patterns, not changing them
- Insight hasn't shifted the reaction itself
- A week between sessions undoes progress
- A memory or pattern you've never resolved
- Too busy for another year of weekly care
- Stable — going toward something hard

What to Expect

BEFORE

A pre-intensive call to assess your readiness.

DURING

Grounding, focused reprocessing, integration.

AFTER

Fatigue is common — like a hard workout.

FOLLOW-UP

A check-in session supports integration.

What the Research Shows

From published studies on intensive, EMDR-based trauma treatment

~75%

No longer met PTSD diagnostic criteria after an 8-day intensive combining EMDR and exposure therapy (N = 1,015)

92%+

Loss of Complex PTSD diagnosis following intensive trauma-focused treatment

8 Days

Average length of the studied intensive program that produced these outcomes

0

Dropout in multiple studies of intensive, EMDR-based trauma treatment

Who This Isn't For:

Acute crisis or active safety concerns; no prior coping foundation; wanting a quick fix.

Licensed in California, Oregon, and Florida · In-person in San Diego, virtual throughout CA, OR & FL

soulflotherapy.com · Book a free consultation to see if you're ready.

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