

# Therapy Intensives

with Kimberly "Reese" Watson  
Trauma-Informed Therapy Intensives | North Carolina



Kimberly "Reese" Watson, MSW, LCSW

*Therapy intensives are currently offered virtually.*

*Intensives may incorporate trauma-informed approaches such as EMDR when clinically appropriate.*

*Participation in an intensive requires a brief consultation to ensure that the format is a good fit.*

**To get started, a brief consultation will be scheduled to determine readiness and fit.**



Therapy intensives provide extended time for focused therapeutic work around a specific issue, pattern, or life experience.

Unlike traditional weekly therapy sessions, intensives allow space for deeper exploration, emotional processing, and meaningful insight within a structured and supportive environment.

These sessions are designed for individuals who want to engage in intentional therapeutic work without waiting weeks or months to move through an important area of healing.

## INTENSIVE OPTIONS

### Mini Intensive

2 Hours-\$500

A focused session designed to explore a specific question, pattern, or area of concern.

This option may be a good fit for individuals who:

- want a deeper therapeutic session than the traditional 60-minute format
- are exploring a specific decision, relationship dynamic, or emotional pattern
- are curious about the intensive format before committing to a longer session

### Half-Day Intensive

3 Hours-\$800

This extended session allows for deeper therapeutic exploration and structured emotional processing.

This option may be helpful for individuals who:

- feel stuck in a recurring emotional or relational pattern
- want more time to process an important life experience
- are navigating a meaningful life transition

Breaks are incorporated throughout the session to support emotional pacing and nervous system regulation.

### Full-Day Intensive

6 Hours – \$1600

A full-day therapy intensive provides the space needed for deeper trauma processing, identity work, or significant emotional exploration.

This option may be appropriate for individuals who:

- want to process specific trauma experiences
- are navigating major life transitions or identity shifts
- are seeking concentrated therapeutic work within a single day

Structured breaks are incorporated throughout the day.

### Integration Session

Each intensive includes a 60-minute integration session scheduled after the intensive.

This follow-up session allows time to:

- reflect on insights from the intensive
- discuss next steps in the healing process
- support emotional integration

## SIGNATURE THERAPY INTENSIVES

Signature therapy intensives offer focused therapeutic experiences designed around specific themes commonly explored in therapy.

These intensives provide structured space for individuals who want to explore deeper healing related to identity, trauma, faith, and life transitions.

Each intensive is customized to the individual while using a guiding theme to shape the work.

### **Faith Liberation Intensive**

This intensive supports individuals who are exploring the impact of religious or spiritual experiences on their emotional well-being.

Many people carry meaningful questions about faith, belonging, identity, and spiritual harm.

This intensive may be helpful for individuals who are:

- processing religious trauma or spiritual harm
- navigating faith deconstruction or reconstruction
- exploring identity in relationship to spirituality
- seeking space to reconnect with spiritual values in a healthier way

### **Trauma Reconstruction Intensive**

Trauma can shape how individuals understand themselves, their relationships, and the world around them.

This intensive focuses on creating space to process traumatic experiences while strengthening emotional regulation and self-understanding.

This intensive may include:

- trauma-informed therapeutic processing
- EMDR when clinically appropriate
- nervous system regulation practices
- identity reconstruction after trauma

### **Identity & Pattern Intensive**

Many individuals recognize patterns in their relationships, work life, or emotional responses that feel difficult to shift.

This intensive focuses on understanding the deeper origins of these patterns and exploring new ways of responding.

This intensive may be helpful for individuals who:

- feel stuck in recurring relational dynamics
- are navigating identity transitions
- want to explore personal values, boundaries, and self-trust

### **A Personalized Therapeutic Experience**

While these themes can help guide the work, every therapy intensive is tailored to the individual.

The goal is not to force the experience into a predefined structure, but to create the space needed for meaningful therapeutic exploration.