

NOW OFFERING!

ONLINE ACROSS MO AND IN-PERSON IN ST. LOUIS

# Cognitive Processing Therapy Intensives



## WHAT IS A THERAPY INTENSIVE?

A Therapy Intensive is an accelerated form of therapy designed to help clients go deeper and get results faster. Instead of attending therapy one hour per week for a year, why not carve out one day a week for just one month? It's a cutting-edge approach to help people feel better faster. No need to miss work, school, or your children for an extended amount of time.

## WHY CHOOSE A THERAPY INTENSIVE?

My experience as a therapist has inspired me to do deep, meaningful work that provides relief FAST. When you're injured and in pain, there are a million of appointments and life changes to adjust to. Therapy Intensives will help get your mind right so that you can focus on what your body needs.

## WHAT KIND OF INTENSIVES DO YOU OFFER?

I utilize CPT to treat single-incident, body-based traumas. Some examples include: car accidents, assaults, traumatic birth, and other medical crises. As a survivor of multiple head injuries, and a person living with chronic illness, I can be real about recovery while offering hope and meaning for the future. This service can be done as a primary source of healing or in conjunction with your previously established therapy.

Contact Footsteps Counseling at  
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