



# THERAPY INTENSIVES AT

# **Well Within Collective**

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# WELCOME



You may be coming into this space feeling frustrated, tired, or discouraged by the pace of traditional therapy. You've been showing up consistently, doing the work, yet progress is slow and easily disrupted by the demands of everyday life. You might be longing for real change but finding it difficult to gain momentum when sessions are short and spaced out. On top of that, life keeps pulling your attention in a hundred different directions.

Therapy intensives are designed for moments like this. Instead of spreading the work out over months or even years, intensives offer focused, uninterrupted time to work through a specific concern in real time. Intensives reduce the “reset” that happens with traditional sessions and build meaningful momentum. There's greater opportunity for deeper insight, all within a supportive, intentional container designed to help you move forward with clarity and confidence.

# HELLO



*My name is Shara McGlothan!*

I hold a Doctorate in Marriage and Family Therapy (DMFT). I am also a Licensed Marriage and Family Therapist (LMFT). I began offering therapy intensives because I wanted a way to bring my full attention, skill, and presence to one client at a time. I believe this creates the best space for meaningful change, growth, and practical solutions.

My work focuses on helping clients interrupt unhelpful patterns while also guiding them toward deeper insight into themselves and how they relate to others. I believe healing happens when people feel both supported and challenged in a safe, collaborative environment. Clients often describe feeling deeply seen, understood, and emotionally safe in our work together. Therapy intensives allow us to slow down, go deeper, and work intentionally toward the change you're seeking.

*Well Within Collective*

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# WHAT TO EXPECT

A therapy intensive is an extended, structured session designed to create focused and meaningful progress. During an intensive, we spend several hours working together in a purposeful way, with time for grounding, exploration, processing, and integration.

## ASSESSMENT

A more thorough assessment can be conducted as with less time constraints. There is more time for the therapist to get to know the client while the client gets to focus on sharing content that is important to them.

## COMPLEXITY

There is time for more complex, in-depth conversations. Should a client become dysregulated there is time in session to implement coping strategies in real time while still have space to go back to the issue.

## PROGRESS

Difficult information or insights may come up. Intensives allow time to process without having to wait until the next session.

## PRACTICE

Intensives leave space to learn, practice, and get feedback on new skills. No more forgetting to do homework and having to repeat lessons you have forgotten between sessions.

## FOCUS

There is greater focus on specific issues as they are worked on without distractions or new issues that come up from daily life routines.

## SAVE

While intensives have a high upfront investment, it has an equal payoff. Save time and money while interrupting patterns that deepen wounds.



# THE PROCESS



1

## CONSULTATION

Here we begin to explore what you're hoping to address and determine whether an intensive is the right fit for you at this time

2

## PRE-INTENSIVE

This is where you'll complete assessments and reflective questions to help prepare for the intensive. This allows us to use our time together as effectively as possible.

3

## INTENSIVE

During the intensive we'll go into deeper assessments to further customize our work and develop a treatment plan that prioritizes our focus. This will guide the interventions and exercises to support insight, healing, and meaningful change.

4

## POST-INTENSIVE

During this time, we are focusing on where progress has been made and what the next steps are for continued support.

# SERVICES



## **PRE-MARITAL**

Preventative care for couples to check in on their relationship and explore any areas of improvement. There are no major concerns but intended to support couples prepare for marriage.



## **MARRIAGE ENRICHMENT**

Preventative care for couples to check in on their relationship and explore any areas of improvement. There are no major concerns but intended to support couples deepen their connection.



## **INDIVIDUAL**

Distressed individuals seeking to increase self-awareness while feeling in control of their life and themselves.



## **COUPLES**

Distressed couples looking to resolve specific issues that will restore unison, clarity, and connection.



## **FAMILY**

Distressed family members looking to resolve specific issues that will restore connection.



## **EMDR**

Distressed individuals seeking to work through traumatic or other troubling events using bilateral stimulation.

Each intensive is thoughtfully designed and tailored to your unique needs. A number of therapeutic approaches are integrated to create a customized experiences specific for your goals.

# PACKAGE OVERVIEW



## *Package Inclusions:*

### **Pre-Marital/Enrichment**

Fee: \$800

2-hours: Administrative Prep  
8 hours: Face-to-Face Clinical  
Work over a 2 Day Period  
Treatment Workbook  
Post-Intensive Summary

### **Ind./Couple/Family/EMDR**

Fee: \$1150

3-hours: Administrative Prep  
10 hours: Face-to-Face Clinical  
Work over a 2 Day Period  
Treatment Workbook  
Post-Intensive Summary  
90-minutes: Post-Intensive  
Follow Up

\*Additional Day (5 hours):  
\$500/day



# PACKAGE DETAILS



## 1 Administrative Prep

This is time spent on documentation. This includes reviewing assessments, developing the treatment workbook, and creating a summary.

## 3 Treatment Workbook

Based on pre-assessments, this will be a workbook of intended exercises, interventions, and helpful tips for our work together.

## 5 Post-Intensive Follow-Up

This will be an opportunity to check-in and get clarifying support based on our previous work in the intensive.

## 2 Clinical Work

This is the direct face-to-face time that we will have to work on the presenting concern. This includes assessing, planning, and interventions.

## 4 Post-Intensive Summary

This will be a summary of our work together as an additional reference. This will be for future reference or something you can provide to your next provider for continuous progress.

## 6 Additional Days

For more in-depth work, add on additional days to get more out of your intensive. This can be specifically helpful for those with more complex needs.

# SAMPLE AGENDA

## DAY ONE

1

### ASSESSMENT + TREATMENT PLANNING

A more thorough assessment will be conducted for a complete understanding of the information provided in the pre-assessment. The establishment of goals will aid in measuring progress and bring focus.

## DAY TWO

2

### EXERCISES + INTERVENTIONS

There will be an emphasis on working toward goals through insight, reflection, and the implementation of exercises and intervention for progress and practical tools to carry into the future.

## ADDITIONAL DAYS

3

### CONTINUATION

For an additional day(s) added, this will be a continuation of working toward goals. Deeper work will continue to make sure new practice stick and you are prepared to transition.

## FOLLOW UP

4

### REFLECTION + CLARITY

The follow up session will help bring clarity to any lingering questions after integrating back into normal routines. This will also be opportunity to reflect on next steps for continued care, as applicable.

# GETTING STARTED



## *Initial Consultation*

The initial consultation is getting an overall vibe check. During this time, we'll explore if intensives are a good fit for your goals, my approach and role as the therapist, and what to expect during an intensive. This is also a good time to ask any questions you may have that will help you make a decision on if an intensive is right for you. Afterwards we can discuss next steps so you can feel good with whatever choice you make.

### **Purpose:**

VIBE CHECK

INTENSIVE PROCESS

THERAPIST'S ROLE

THERAPEUTIC APPROACH

ANSWER QUESTIONS

NEXT STEPS



# IS AN INTENSIVE FOR YOU?



## **STUCK**

Intensives may be a good fit for you. If you are feeling stuck and frustrated with traditional therapy intensives can be that nudge to get things moving again.



## **CRISIS**

Intensives may not be a good fit for you. Crisis situations may require a more intensive stabilization and around the clock support.



## **LIMITED AVAILABILITY**

Intensives may be a good fit for you. If you struggle to fit therapy into your weekly routine, intensives can be easier to schedule one time versus ongoing scheduling.



## **SLOW PACE**

Intensives may not be a good fit for you. If you prefer a slower pace, shorter sessions, and open-ended options stick with traditional therapy.



## **MOTIVATED**

Intensives may be a good fit for you. If you are craving change and motivated for something different, try an intensive.



## **NON-COMMITAL**

Intensives may not be a good fit for you. If you are unsure about your goals or your commitment to therapy, traditional therapy may be a better start.

# FAQS

## **IS THIS COVERED BY INSURANCE?**

Therapy intensives are a private-pay service and not billed to insurance. Most insurance companies do not cover extended sessions. Insurance companies typically limit treatment to one session per day.

## **WHEN IS PAYMENT DUE?**

A \$300 deposit is required at the time of scheduling to hold spot. This is a non-refundable deposit. Deposit is applied to the total cost of intensive. Remaining balance must be paid within 48 hours of scheduled appointment.

## **WHAT IF I NEED TO RESCHEDULE?**

Client is able to reschedule up to 48 hours prior to scheduled intensive.

## **ARE INTENSIVES OFFERED IN PERSON OR VIRTUAL?**

Therapy intensives are available in person in Independence, MO or virtually to those residing and physically located in Missouri or Kansas.

## **HOW DO I PREPARE FOR AN INTENSIVE?**

You will be provided with a Pre-Intensive Workbook that will walk you through preparing for your intensive.

## **HOW DO I KNOW IF AN INTENSIVE IS RIGHT FOR ME?**

After reviewing this booklet, setting up a free consultation is the best way to further explore if an intensive is a good fit for you. Together, we'll talk through your goals, concerns, and what type of support would serve you best.

# KEEP IN TOUCH



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## SOCIALS

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