



## Hello, Spring!



### What's New

It's wonderful to welcome in the season of spring, the fresh new scents in the air, the long sunny days and more time to be outside.

Remember, even with positive transitions, there can often be feelings of stress. The change of season is a common time where we experience stress or old unprocessed memories coming up. Please be gentle with yourself, and remember all of your self regulation tools you have learned in therapy, including:

- moving your eyes left and right
- tapping, left and right -blinking your eyes rapidly three times
- smelling something pleasurable
- walking/exercise/movement.

There's also more videos on my YouTube channel if you'd like some further assistance and in addition, there are also some future tips on Instagram.

<https://youtube.com/user/karensprinkel>

IG: @thethrivingselfnow

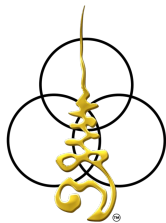
Also, my book is very helpful and is really more like a workbook. It has all the tools in it that facilitates self healing: <https://bit.ly/ThrivingSelf>



### 1:1 Intensives

I have found these intensives to be profoundly healing for my clients. The 1:1 intensives are customized for you. They are 2.5 hours, 4 or 8 hours long, and involve different approaches: Brainspotting, EMDR, Somatic Experiencing

and Internal Family Systems (IFS) and more that facilitate deeper healing. I also offer Ketamine-Assisted Psychotherapy (KAP) treatment as well. These are usually up to 4 hours. The best way to describe these intensives is 2-3 months of psychotherapy in one day. I'm starting to fill up with these intensives and so my hourly 50 minute session time slots are becoming less available. If you are interested in 1:1 intensives, you get 10% off if you've been in treatment with me anytime in the past two years. Payment plans are allowed too



## **New Schedule/Services:**

Effective January 1st of 2025, I am only offering 1:1 intensives, KAP sessions, consultations and classes/workshops/retreats, and ad hoc scheduling only.

I will have very few slots left for 50 minute hour sessions which means I won't have regular slots to offer you as of January 1st, 2025. I will only offer ad hoc scheduling. This means I can schedule with you in advance one session at a time but not a fixed time slot anymore. Due to this constraint in time, I also have to be strict about my hourly (50 minute session) rate which will be fixed at my current rate, which is \$300. I am afraid there are not enough slots to offer any other rates. For those of you who are seeking guaranteed timeslots, we can work together over these next 9 months to help you find another primary therapist who can offer regular timeslots for you. For those who can't afford my rate, we have 9 months to help you graduate or transition to a new provider. If you're interested in occasional ad hoc sessions, I will still offer these for you. I am not retiring, just shifting my services.

Also, because I do thoroughly enjoy working with each of you, I will offer a free, once a month zoom group check in the last Wednesday of every month from 6:05pm to 7 PM. This will be free to anyone that's had services with me over the past 12 months. I foresee that this will continue in the years ahead as long as you've had services with me in the previous 12 months. This will not be confidential as you will be with others on zoom. Obviously this cannot replace therapy. Being in a group is sometimes the missing elixir. You will be receiving a monthly invite from me as long as you've had services with me in the previous 12 months. My group workshops and retreats are also ongoing. There are more details here: <https://karensprinkel.com/intensives-%26-workshops>

Please let me know if you have any questions. For those of you that do have appointments with me, we will discuss this in person. We will have time to process any impact this may have on you and work to find a solution.

I am very honored to work with each of you, and each of you has added to my own journey in life. I still plan to be here as a support for the rest of my life. There is just only so much time in a week so I have spent a very long time strategizing about the best offering moving forward.

Hopefully you all will receive this message with understanding and will jump on those once a month zoom sessions for connection as needed. And again, I am still here for ad hoc support, classes and intensives.

I bow to each of you in your healing journeys. Enjoy the Spring.

**In healing,  
Karen**



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