



Therapy Decision Guide

Choosing the Right Support for Your Child: In-Home Accelerated Therapy vs. Weekly Therapy

Every family's needs are different. This guide is designed to help you understand the difference between accelerated, in-home support and the more traditional weekly therapy model—so you can decide what best fits your child and your family.

1. What Is In-Home Accelerated Therapy?

In-home accelerated therapy is a short-term, high-impact model designed to create meaningful change quickly. It starts with concentrated in-home work and continues with focused parent coaching afterward.

Phase 1: In-Home Jumpstart (1–3 days)

- 1–3 full days of support in your home
- 5 hours per day
- Real-time guidance in your home
- Immediate strategies you can start using right away

This phase creates momentum and gives families a strong foundation quickly—especially when behaviors, stress, or routines have become overwhelming.

Phase 2: Virtual Parent Consultations (4–8 weeks)

After the in-home days, we shift into as needed virtual parent sessions to help everything stick.

These sessions:

- are 45 minutes long
- focus on problem-solving, troubleshooting, and strengthening skills



- support you as changes unfold

Total Duration

Most families complete the entire program over **6–10 weeks**, depending on how many virtual follow-ups feel helpful.

2. What About Weekly Therapy?

Weekly therapy is the traditional model many people are familiar with. It usually includes:

- One session per week
- Work happening in a clinic playroom
- Progress building slowly over time
- A longer-term relationship with the therapist

Weekly therapy can be helpful when:

- A slower pace feels right
- The concerns are mild or not urgent
- Parents prefer small, gradual shifts
- Families prefer longer-term support
- Children benefit from having their own consistent therapy space

3. Why I Offer Only In-Home Accelerated Therapy

Over time, I've found that families see **the most noticeable, lasting progress** when support happens:



- in the home
- during real moments
- with parents actively involved
- in a concentrated, immersive way

This model allows for:

- Faster results
- Deep parent learning and confidence
- Real-time support during hard moments
- Tools that translate directly into daily life
- Less time in therapy overall

It is especially helpful for children with:

- Big emotions
- Behavior challenges
- Anxiety
- Struggles with co-regulation
- Difficulty with transitions or routines

4. Questions to Help You Decide

- Do you want support to happen directly inside your home?
- Do you prefer a hands-on approach instead of learning strategies from a distance?
- Does your child need change sooner rather than later?
- Has weekly therapy in the past felt too slow or not specific enough?



- Do you want coaching that strengthens your role as your child's main support?

If you answered “yes” to any of these, the accelerated model might be the better fit.

5. Not Sure Yet?

It's completely normal to feel unsure when choosing between therapy models.

During your intake call, we'll talk about your child, your goals, your routines, and what level of support will feel most useful right now.

You don't have to figure this out alone — I'm here to help you decide.