

HOLISTIC HEALING RETREATS

Come Experience Deep, Rapid Transformation



Facilitated by:

Danielle Lew, MSW, CPC, APSATS-CCPS
Trauma-Informed Coach & Betrayal Specialist,
Gottman Level 1, Certified Brainspotting
Practitioner, Jesus-lover, Wife, Mom,
Betrayal Trauma Overcomer

A Personalized- Integrated Approach

Dani will partner with you to determine the needs, goals, & focus for your intensive. This personalized experience will equip you with the clarity, tools, & a solid plan moving forward. We integrate Christian Values with evidence-based, trauma-informed practices, so that you can be confident that you are honoring your Faith while getting solid tools to move forward in a direction unique to you and where you feel God is leading you! We will use Prayer, Brainspotting, & activities to engage Body, Mind, and the Holy Spirit!

*Held Virtually or
In-Person Gettysburg, PA
Specific location provided upon registration*

½ Day to 5 -Day Healing Retreats Fully Customized For You

(Discussed at Consult & Pre-Retreat Planning Session!)

One-day intensive includes:

- Education about betrayal trauma and its symptoms
- Focused history taking & clarifying needs
- Safety inventory & initial safety planning
- Identifying a personalized list of key grounding skills
- Integration of faith-based coping strategies
- Brainspotting for Resourcing & Embodying Truth
- Binder of resources to take home

Two-day intensive includes:

Everything from a one-day intensive **plus:**

- Trigger management skills
- Initial boundary work
- Treatment planning for post-intensive
- Faith-based healing practices and prayer

LONGER INTENSIVES ALSO AVAILABLE



Investment

\$1200 for one-day
\$2200 for two-day
\$3200 for three-day



A non-refundable \$500 deposit is required at the time of registration. Intake forms are provided at the time of registration and must be completed no later than one week prior to the Holistic Healing intensive date.

Contact

Email
info@daniellenicolecoaching.com
with questions or to schedule.
Visit: www.daniellenicolecoaching.com

Holistic Healing intensives are designed to kickstart betrayal trauma healing work and to provide specialized care for those who prefer an immersive experience for rapid growth in a private setting.

Please note: The weekend intensive is not a good fit for Individuals who are currently suicidal, active in any kind of addiction, or highly dysregulated. You can ask for therapist to refer you for collaboration pre & post intensive!

Transportation, lodging, and food are not included, but recommendations will be provided upon request.