**Papillon Health & Wellness**

**Concierge Advanced Accelerated Resolution Therapy Services Menu**
*In-Person • Virtual • On-Site Across Florida*
*Private Pay Only | Not Insurance Billable*

**🌀 Why Choose Our Intensives?**

High-impact, trauma-informed, and designed for lasting change—whether you’re emerging from crisis, stuck in survival mode, or rebuilding after treatment. We meet you where you are, offering a personalized path to clarity, emotional regulation, and relief.

**🌟 Our Core Packages**

**🔥 The Reset**

**Who:** Phobias, stress, medical trauma, emotional burnout
**Includes:** 1 Intake (60 mins), 1 ART Session (up to 3 hrs.), 1 Integration Session (60 mins)
**Investment:** $675–$725
**Traditional therapy cost:** $1,800 — *You save $1,075+*

**💪 The Brave Parent Intensive**

**Who:** Parents managing trauma, burnout, custody stress, emotional triggers
**Includes:** 1 Intake (75 mins), 2 ART Sessions (90 mins), 1 Coaching & Integration Session
**Investment:** $1,000–$1,100
**Traditional therapy cost:** $2,400 — *You save $1,300+*

**🌊 The Breakthrough Series**

**Who:** Anxiety, self-sabotage, emotional reactivity, transition stress
**Includes:** 1 Goal Session (90 mins), 2–3 ART Sessions (90 mins each), 1 Integration/Coaching Session
**Investment:** $1,350–$1,475
**Traditional therapy cost:** $3,600 — *You save $2,200+*

**🦋 The Butterfly Child & Teen Package**

**Who:** Kids 6–17 with trauma, grief, anxiety, or family transitions
**Includes:** Parent + Child Intake (90 mins total), 3–6 ART Sessions (30–60 mins each), Parent coaching & debrief
**Investment:** $1,250–$1,350
**Traditional therapy cost:** $3,600 — *You save $2,200+*

**⚓ The Anchor Package**

**Who:** Clients recently discharged from inpatient rehab or detox
**Includes:** 1 Reintegration & Planning Session (90 mins), 4 ART Sessions (2 hrs each), 2 Integration Sessions (1 hr. each), Grounding toolkit + journaling prompts, Optional care coordination
**Investment:** $2,200–$2,400
**Traditional therapy cost:** $3,600 — *You save $1,200+*

**🔄 The Reclaim Package**

**Who:** Complex trauma, chronic anxiety, long-standing patterns
**Includes:** 1 Deep-Dive Evaluation (90 mins), Up to 4 ART Sessions (2 hrs. each), 2 Integration Sessions
**Investment:** $2,200–$2,400
**Traditional therapy cost:** $4,800 — *You save $2,400+*

**🔁 Integrated Recovery & Reintegration Plan (IOP)**

**Who:** Post-inpatient clients needing structured, sustained support for recovery and reintegration
**Includes:**

* Weekly ART and traditional therapy sessions
* Coaching, family, and legal strategy sessions
* Daily Monday–Friday coaching check-ins
* Team coordination and case management
* Family involvement and support
* Detailed documentation, progress tracking, and wraparound care
**Duration:** 8–12 weeks
**Investment:** $3,800–$4,600
**Traditional therapy cost:** Higher than package price — *Comprehensive, personalized care*

**🦋 Legacy Intensive**

**Who:** Complex Trauma, Veterans, service members, EMTs, first responders, DV survivors, legal trauma, deep inner work.

**Includes:** 1 Planning Session (90 mins), 5–6 ART Sessions (2–3 hrs. each), 2 Integration Sessions, Custom tools & progress tracking, Optional coordination
**Investment:** $4,400–$4,800
**Traditional therapy cost:** $7,200 — *You save $2,400+a YEAR*

**➕ Optional Add-Ons**

**📅 Daily Check-Ins (Days 3–5 post-ART)**

Deeper emotional integration support with brief coaching & check-ins
**Included with:** Legacy & Intensive Reintegration Packages
**Available for others:** $150–$180 (3 sessions)

**👨‍👩‍👧 Family Support Add-On**

Psychoeducation, boundaries, roles & regulation tools, family summary option
**Investment:** $200–$500 (1–3 sessions)

**🚪 Pre-Rehab Safety & Readiness Planning**

2 Stabilization Sessions, crisis safety plan, emotional support & coordination
**Investment:** $325–$450

**🗂️ Premium Case Management & Wraparound Support**

Expert coordination, advocacy & system navigation with Kristina Cabral, MS
**Rates:**

* Initial Planning & Intake (60–75 mins): $250
* Ongoing Sessions (45–60 mins): $175/session
* Documentation: $150/hour
* Emergency Coordination: $250/hour
* Monthly Retainer (4 sessions + docs): $1,000–$1,250

**🎁 Booking Perks**

* **Early Bird Discount:** Book within 72 hours of consult — save $100
* **Flexible Scheduling:** Evenings & weekends available
* **Payment Plans:** Let’s make healing accessible
* **Free 15-Min Discovery Call:** No pressure, just support

**🎉 Referral Bonus**

Love your experience with Papillon? Share the healing!
Refer a friend or family member to any of our Concierge ART Intensive Packages and receive **$100 off your next session** as a thank you for spreading the word. There’s no limit—help others find lasting change while saving on your own journey.

**📞 Ready to Begin?**

Email kristina@papillonhealthandwellness.com or call 863-697-6228
Visit [papillonhealthandwellness.com](https://papillonhealthandwellness.com/)