



TANYA JOY WIELAND

L C S W

INTENSIVE THERAPY EXPERIENCE



TANYA JOY WIELAND



I believe each one of us is on a sacred journey toward wholeness. We all encounter struggles along the way. My passion is to bring compassion, creativity, and clarity to my fellow travelers. I believe in the healing power of being seen and understood and that none of us are the sum of the tragedies we encounter or our coping strategies.

Since we all are so beautifully unique, I have schooled myself in a variety of modalities that might help along the way. Some of those modalities include EMDR, IFS, Experiential Therapy, Psycho drama, Gottman Marriage Therapy, Spiritual Formation, and Mindfulness to name a few.

But modalities are just tools that allow us to be seen with compassion and make changes to help us flourish.

It is my honor to be entrusted as your therapeutic guide for this part of your journey.

WHY I DO IT THIS WAY...

Over my 20 years of experience in the mental health field, I have come to understand that hour long sessions (even weekly) are sometimes not enough time to make significant progress toward healing for all people.

For some, carving a larger amount of time to focus on healing allows for a flow of creativity and safety that are missed in shorter sessions. It is sometimes easy to "hide on the couch" in talk therapy.

Using other interventions, with more time, often

results in greater understanding of the work to be done and can inform the focus of future hourly sessions.

An Intensive also bypasses the time lost in shorter sessions – time spent "updating" since the last session.

Intensive Therapy Experiences are transformational experiences. These experiences are better paths – customized to help each person, couple, family or group move along their unique paths to health and wholeness.



A BETTER WAY FORWARD...

Intensives are expanded time in therapy that opens the opportunity to delve deeper into your healing journey. They can range from 4 hours, to three days.

A full day Intensive is 6 hours of therapy that includes a break for lunch.

The expanded amount of time allows for the use of interventions that often inspire a creative healing process that is not achievable in shorter sessions.

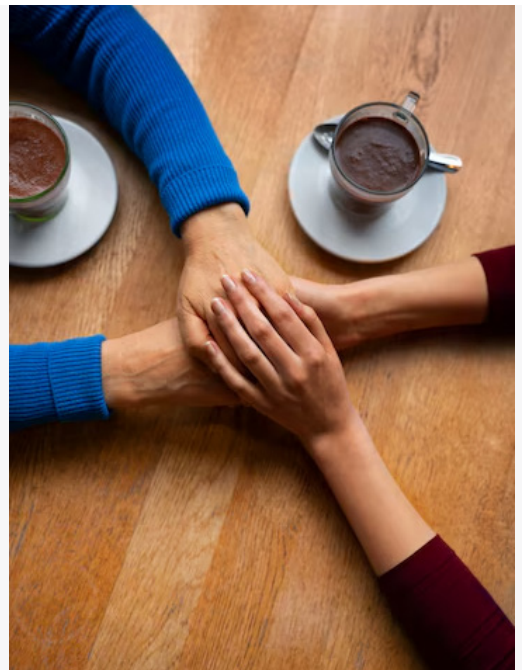
Some of these interventions include Experiential Therapy, Psychodrama and extended EMDR. Intensives are available for both individuals and couples.

WE DECIDE TOGETHER...

Intensives are not for everyone.

If you are wondering if Intensive Therapy could be helpful to you, please reach out to me through my website and we can set up an online meeting where we can discuss what might be most helpful for you.

Intensives are not recommended for someone who is actively abusing drugs or alcohol.



An Intensive was the higher level of care I needed for a season in my healing journey; and was a perfect way for me to work through trauma at a pace that felt right to me. These extended sessions allowed a bigger canvas of time to be creative and find a rhythm in exploring my needs and goals.

*The therapeutic rapport that this lengthier amount of time allowed was in fact the gateway to many ah-ha moments in my self-discovery and inner healing. – **an Intensive Client***



YOUR COMMITMENT...

LOCATION

The location of the Intensive may vary depending on the need of the client. If you are doing a multiple day Intensive, it is recommended that the evenings be reserved for rest, play and rejuvenation. This may be best accomplished by staying away from home at a comfortable hotel for those nights. Overnight accommodations are scheduled separately and not included in the cost of the Intensive.

I am happy to help determine and schedule the best option for each experience.

COST

Cost depending on Intensive duration:

Half Day (4 hours) **\$640**

Full Day (6 hours) **\$1100**

Two Day **\$2200**



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