

HOLISTIC THERAPY INTENSIVES

For Deep, Rapid Transformation that Lasts!



Trinity Wellness Group, llc

Integrating a Mind+ Body+ Spirit Approach to Unlock Your Healing

Facilitated by:

Danielle Lew, LCSW, CPC, APSATS-
CCPS, EMDR Clinician,
Certified Brain Spotting Practioner

A Personalized- Integrated Therapy Approach

Danielle will partner with you to determine the needs, goals, & focus for your intensive. This personalized experience will help you to work through & release trauma from your body & mind. If desired, we will integrate Christian Values & Practices with the evidence-based, trauma-informed practices, so that you can be confident that you are honoring your Faith while getting the deep healing that you need! We may use EMDR, Brainspotting, Nature-Based Approaches, Mindful Movement, Prayer, creative expressions, & more, to help you heal in a way that is meaningful for you!

*Held Virtually or In-Person
Gettysburg, PA*

Specific location provided upon registration

One, Two, or Three-day therapy intensives

9:00 AM - 4:00 PM Daily (EST)

(with a one-hour break for lunch)

One-day intensive includes:

- A workbook for you to work on before, during, & after intensive
- Education about trauma & your symptoms
- Clinical Assessments targeting symptoms & severity
- Focused history taking & clarifying needs
- Safety inventory & initial safety planning
- Identifying a personalized list of key grounding skills
- Integration of faith-based coping strategies (if desired)
- Brainspotting and/or EMDR for deep healing

Two-day or Three Day intensive includes:

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

- More time focused on processing trauma & grief
- Trigger management skills
- Treatment planning for post-intensive
- Customized planning & skills based on needs

Investment

\$750 for ½ half-day

\$1400 for one-day*

\$2400 for two-days*

\$4300 for three- days*



A non-refundable 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

danielle@trinitywellnessgroup.com
with questions or to schedule.

Visit: www.trinitywellnessgroup.com

Holistic Therapy Intensives are designed to do deep trauma healing through specialized, individualized 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.