



Dr. Laura E. Anderson

www.drlauraeanderson.com

Information for Intensives

The purpose of intensives is **to offer a structured, unique, deep-dive experience over the course of one day that will help the client dig deeper into their trauma work.**

Intensives are not meant to take the place of therapy, coaching, or other professional services, but instead are designed to act as in addition to or a jumping off point for deeper work with an individual practitioner.

The way Dr. Laura Anderson designs intensives are on a case-by-case basis as she seeks to ensure that each client has the opportunity to get what they want from the experience. To this end, prior to signing up for an intensive, Dr. Laura does a 30-45 minute phone call with each person to assess if this is a good fit, understand the prospective client's goals and identify a plan to move forward

Details

Cost: \$1500/day

Time: 9:00amCST - 3:30pmCST (this includes a 90 minute lunch break and 2-10 minute breaks throughout the day)

Where: online (you will receive an individualized link for your intensive session closer to the date of the event)

Requirements: you must be working with a coach or therapist in tandem with this intensive; if you do not have a therapist/coach, you will be referred to one from the Center for Trauma Resolution and Recovery and will need to have your intake session set up with your new practitioner prior to doing your intensive. Dr. Laura Anderson will gladly supply you with a summarization of what was covered in the intensive so you can discuss it with your provider.

@drlauraeanderson



SIGNING UP

Step 1:

Sign up for an Intensive Inquiry Call here - this call will happen with Dr. Laura Anderson via telephone and is approximately 30-45 minutes; the cost is \$75 and can be paid at the time of signing up.

Step 2:

You will be prompted to enter in basic demographic information and a brief summary of what interests you about the intensive.

Step 3:

You will receive an email from Dr. Laura Anderson through the Center for Trauma Resolution and Recovery's client platform, Simple Practice, which will provide you with a link to opening paperwork. This link is good for SEVEN days so please make sure to log in and complete this paperwork ASAP. This paperwork includes:

1. All policies and procedures for the intensive day
2. A brief questionnaire/information gathering sheet

Step 4:

Complete the Intensive Inquiry Call with Dr. Laura Anderson at the scheduled date and time. Dr. Laura Anderson will contact you at the time that you have scheduled for; please remember, all scheduling is done in CENTRAL STANDARD TIME; please make sure to adjust your schedule accordingly based on the time zone you live in. While on the call, please be prepared to discuss:

1. What you hope to get out of the intensive (are there specific goals you have, practices to try, etc.)
2. What coaching or therapeutic work you have already done that has felt helpful/effective
3. What coaching or therapeutic work you have already done that does not feel helpful/effective
4. If you are working with a therapist or coach currently and/or if you will need to be referred to a practitioner at the Center for Trauma Resolution and Recovery post-intensive day
5. Any questions you have about logistics.



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At the end of the call, Dr. Laura Anderson will discuss with you a plan moving forward, scheduling the intensive and will send you all relevant information for the day of your intensive.

After the Intensive Inquiry call has been completed and it has been determined that this would be a good fit for you, you will be able to sign up for the intensive.

Payment: The total cost of the intensive is \$1500/day. \$1000 is due at the time of sign up; the final payment (\$500) is due two weeks prior to the intensive. A credit card is required to be kept on file in order to secure payment.

Payments Made: All payments are made via major credit card and are subject to a credit card fee of 3% (\$1030 total for deposit and \$515 for balance or \$1545 total if paid in full upon sign up).

Cancellation policy: Due to the demand for this service and the extensive preparation work that is required for an intensive, a strict cancellation policy is adhered to.

- 75% of the \$1000 deposit (\$750) less credit card fees will be refunded if a person cancels more than 1 month in advance
- 50% of the \$1000 deposit (\$500) less credit card fees will be refunded if a person cancels between 2-4 weeks in advance.
- 25% of the total cost \$1500 less credit card fees will be refunded if a person cancels less than 2 weeks in advance (\$375).



Basic structure of what happens in a one day intensive:

The one day intensive is tailored to individuals based on previous experience in body-based therapy or coaching. Dr. Laura Anderson primarily uses the modality of Somatic Experiencing as a foundation for these days but tailors the activities and experiences to each individual to ensure that they are able to receive the support they are requesting.

Focuses on:

1. Connection to body
2. Grounding
3. Resourcing
4. Building internal safety - titrating between activation and cultivating a sense of okayness
5. Integration and how this may continue to show up after the sessions
6. Reviewing of skills and resources
7. Homework/where to go from here/treatment direction ideas/resources