FOCUSED INTENSIVE

**ONE ISSUE. ONE EXTENDED APPOINTMENT.
TIME TO ACTUALLY WORK ON IT.**

Sometimes there's something you need to deal with, but an hour at a time just isn't enough. A Focused Intensive gives us an extended appointment to identify what's going on, work through it, and develop practical ways to move forward.

WHAT CAN WE WORK ON?

Maybe it's a bad call you can't get out of your head. Maybe you're more irritable than you used to be, things aren't going well at home, or several difficult calls have started catching up with you.

It might be an old experience that's still affecting you, a career or life transition, or simply something you know you need to deal with but haven't had the time or space to address.

WHAT HAPPENS DURING AN INTENSIVE?

We'll start by talking through what brought you in and identifying what you want to accomplish. From there, we'll use focused treatment approaches suited to you and the issue you're working on.

We'll take breaks as needed, practice strategies you can use afterward, and make sure there's time to bring the work to a good stopping point before you leave.

And yes, there will be snacks.

IS THIS ONGOING COUNSELING?

No. The intensive is designed to stand on its own. You aren't signing up for ongoing therapy. At the end, we'll talk about whether you're done and if I recommend anything else.

WHAT ELSE SHOULD I KNOW?

I have experience and training working with first responders and understand the demands of the job. You won't have to spend your appointment explaining the realities of your work to me.

I'm an independent provider, not employed by or affiliated with your department. What you share with me stays confidential. I don't report back to your department about your counseling. The usual legal limits of confidentiality still apply.

We'll schedule your appointment so you have time away from duty before and afterward.

COST & SCHEDULING $450 / SELF-PAY

INTERESTED? Text or call 540-717-4786 / amy@sanford-counseling.com

Amy Sanford, LPC, CFRC / Licensed Professional Counselor, Certified First Responder Counselor