

## **Family Intensives**

*The focus, length of, process used, and material covered in Family Intensives is custom-designed to meet the unique challenges and needs of each family. All details and logistics will be determined during the needs assessment call.*

***Family Intensives last anywhere from 1 to 5 days  
with an opportunity for ongoing follow-up.***

### **Family Intensives may be:**

- A stand-alone service (the family is not participating in residential treatment of any sort.)
- A referral to Collective Voices by the family themselves, or by a family member's therapist or provider.
- An intervention while a family member is in a treatment facility
- A step-down service after a family member is discharged from treatment and before they transition back to their community/family.

### **Optional Curriculum offered during Family Intensives:**

- Introduction to using a restorative framework for relationships/communication.
- Individual sessions with the Collective Voices provider.
- Family sessions with the Collective Voices provider.
- Experiential activities aimed at building trust, identifying communication concerns and highlighting family dynamics, decisions making, empathy, and fun.
- Teaching and practicing of various communication tools, including but not limited to: empathy, listening and responding, assertive communication, consequences, communication maintenance tools for home, conflict and repair, boundaries, accountability and ownership, emotion management, impact of one's words and actions on others, power and control, and thought management.

The curriculum used is adaptable to each family's needs, and it is intended to provide practical, useful, realistic tools that will help guide interactions and navigate conflicts. One of the goals of this service is to better equip families to manage the stressors that are a part of everyday life.

The goal of Intensives is to provide skills and tools that focus on opening lines of communication between all family members, creating capacity to manage one's reactions and emotions, resolving disagreements, understanding the root issues underlying conflict patterns, consequences, managing expectations, repairing harm, and creating a context of hope within the household.

Intensives are most effective when caregivers/parents are motivated and most importantly are open to adapting their household dynamics and are willing to engage in self-reflection about their patterns and communication styles.

### **Rates:**

My rate is \$200/hour; however, pricing may be flexible based on the scope provided as well as the number of family members involved.