

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.

From a member of a multi-generational ranching family: *"What can I say after witnessing a miracle? In three short days, Jessie changed my life and the trajectory of my entire extended family. After decades of grief, hurt, loss, and unhealed wounds, we were rudderless and struggling. We didn't know what to expect going into our session with Jessie...heck many of us almost didn't attend because of deep fears. We placed our trust in her, and in what I would describe as a miracle, we were able to come together as a family. Jessie was able to actively adjust her curriculum on the fly based on the progress of every single person in the room. She's an elite tactician of empathy, high conduct, inspiration, and safety, and I give her my highest recommendation. Blessings on your journey of healing. And thanks to Jessie, we are well underway on our own journey of healing, together, as a family."*

~ Steven Hyde; 4th Generation Rancher and Participant in 3-Day Family Intensive focused on addressing Conflict, Repair, and Grief

Family Intensives may be:

- A stand-alone service.
- A referral to Collective Voices by the family themselves, or by a family member's therapist or some other 3-party.
- 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 applying a restorative framework and peacebuilding fundamentals for relationship dynamics and communication barriers.
- Individual sessions with the Collective Voices' provider before the family gathers together.
- Family sessions with the Collective Voices provider.
- Addressing longstanding patterns family grief, trauma, and loss.
- Experiential activities aimed at: building trust, identifying communication patterns highlighting power imbalances and overall family dynamics, making decisions, demonstrating empathy, and addressing grief and loss.
- 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 family.

Intensives are most effective when participants 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.