

## Referral process

A referral can be initiated by a clinician or a client seeking Intensive Therapy. During this process, a specialized clinician will discuss the treatment goals and expected outcomes to help determine if the potential client will benefit from participating in an *ITP*.

If determine that the potential client will benefit from the *ITP*, the first assessment session will be set.

## Assessment

A Primary Therapist will initiate the assessment process which includes meeting with the client, family members (when appropriate), and any referring clinician(s). The entire Assessment process will be done remotely.

Once it has been determined that an individual/family will become an *ITP* participant, a detailed Treatment Plan will be created in collaboration with the referring clinician(s) and the individual/family. Once everyone has agreed to the terms of the Treatment plan, a start date will be set.

## Intensive Treatment Program

Based on the assessment a team of specialist will establish the length of time and treatment goals of the *ITP*. The participants will engage in tailored made program. The in-depth work to support client(s) in achieving treatment goals, trauma processing, emotional healing, active sobriety, etc.

## Treatment Specialists

The following Treatment Specialists are available to all *ITP* participants based on need and fit:

- Trauma Specialist
- Addiction Counselor
- EDMR Therapist
- Couples Therapist
- Family Therapist
- Breathing & Meditation Coach
- Psychiatrist\*
- Integrative Medicine MD\*

\*Services not included in the ITP Cost.

## Transportation and Accommodations

If determine that the *ITP* will be in-person in San Diego, CA transportation will be provided to and from the appointments, but all participants will be responsible for getting themselves to San Diego if they live outside of the region.

We will also provide participants with some recommended accommodations near the **In-Sight Transformative Therapy Group** office.

## Aftercare Plan

The *ITP* Primary Therapist will maintain contact with the referring clinician(s) throughout the process and will provide the referral source with a summary of the outcome of the *ITP* to ensure a successful continuation of care when the participant returns home. The Primary Therapist will meet with the client(s) to review and discuss all treatment recommendations prior to discussing it with the referral source. This discussion will include a review of recommended follow-up care and on-going treatment goals.