

# SEA GLASS

INTENSIVES & CONSULTING

## Intensives Information

Office Location:

417 So 13<sup>th</sup> ST

Boise, ID 82703

(The cross street is Myrtle and 13<sup>th</sup>)

My office is 4 blocks from downtown Boise. It is walking distance from many restaurants and the heart of downtown. There is a Trader Joe's within walking distance as well. If you are staying at a downtown hotel, you can take the hotel shuttle, Uber or Lyft from the airport. You may want to Uber to the office, depending on the distance from your hotel. Downtown hotels are Hilton Garden Inn (only 1 block from office), Hampton Inn, Marriott Residence Inn and The Inn at 500. There are others as well. These are within 5 city blocks of the office. The Hilton Garden Inn may offer a discount for Sea Glass clients so talk to me before making reservations. I do have an apartment above the office that is available at times for clients to rent for \$100.00 a night. There is only a bathtub in the bathroom, but it has a bedroom and living area and is a nice retreat.

## Schedule

Because of the nature of the emotional work of the intensives, each schedule may vary. You will need to fly in the night before so we can begin at 9:00 the first morning. We work until there is a natural break around 12:15. We break for an hour or so and then continue until about 4. There are many restaurants in walking distance. You will have homework each night, so you will be encouraged to take a break and get some dinner and fresh air before beginning the homework. We will begin the next day at 9:00 and it will be much like the day before. The last day varies on your needs. Most people are exhausted by the third day and we end by 1:00 without breaking for lunch. You can book your flight home after 2:30, however your flight time may dictate the ending time. The airport is only a 10- minute drive.

## Cost:

\$2500.00 for 3 day intensive. You will book your intensive with \$500.00 non-refundable deposit. You can pay the remainder at time of service.

## What to Bring

Idaho weather can be unpredictable. Please look at the weather forecast before coming. Pack comfortable clothes, walking shoes and anything that will aid in your comfort as you do this work (favorite snacks, tea, oils, meditation book, pillow or blanket are just a few suggestions).

Please bring any photos that will help tell the story of you. I know that many people have photos on their phone, however, photos from your past maybe helpful.

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## **Working with your therapist**

I would like to work in conjunction with your current therapist prior to you coming. Please sign a release of information with them so I can exchange information, which will help me get a clear picture of what you have worked on and what they view as beneficial work. I will not be your therapist ongoing, so if you do not have a current therapist, I may be able to help you to find one. It is imperative that you continue to process the intensive work with a professional when you leave. I can write a summary of our work together and will send it to you to share, or I can send it directly to them if you would like. We can have a follow up call about your work if you have questions, however ongoing therapy needs to be done with your therapist. We will address your after care and follow up questions on our last day together.

Most people want to know what to expect as far as the work. This is different for all, and hard to describe. The focus is to unravel the story of you and begin to understand yourself and your behaviors in a different light. I believe that when you understand yourself and your behaviors make sense to you, it reduces the shame and moves you into change. As we unravel the story, I will help you understand how your upbringing and environment shaped you, and then begin to look at change in the areas you would like to focus on.

I use a variety of healing modalities to further our work. These include but are not limited to:

- Trauma Egg
- Trauma Timeline
- Internal Family Systems Work
- Breath Work
- Guided Meditation and Guided Imagery
- Shame Reduction Work
- Empty Chair Work
- The Murray Method

I am excited and feel privileged to do this work with you. This work is sacred, and I want to help you make the most out of our time together. Please feel free to call me with questions prior to your intensive.

Terra Holbrook LCSW, CADC, CSAT  
SeaGlass Intensives and Consulting