

A counseling intensive compresses months of weekly sessions into three concentrated days — then follows you home with six weekly sessions to put your written Growth Plan into practice.

9 hrs

In-Person · 3 Days

6

Follow-Up Sessions

\$2,250

Individual Track

\$3,500

Couples · 2 Counselors

SAMPLE SCHEDULE

Day 1 · 3 hrs

Your Story

Your full life story and a clear map of the pattern that brought you — when it flares, what triggers it, and what hasn't worked.

Day 2 · 3 hrs

The Root

The heart issues underneath the behavior — honest examination, confession, and repentance before the Lord.

Day 3 · 3 hrs

Rebuilding

Concrete new habits and structures, accountability, and your written Growth Plan for the weeks ahead.

Two Tracks

Monday–Wednesday mornings (8:30–11:30), or Wednesday afternoon (12:30–3:30) plus Thursday & Friday mornings — chosen on your application.

Afternoons

Guided reflection and written assignments completed on your own — the afternoons are where the day's work takes root.

Weeks 1–6

One 60-minute follow-up session per week (in person or online) to walk out your written Growth Plan.

QUICK FAQ

What does it cost?

Individual intensives are \$2,250. Couples intensives are \$3,500 and include two counselors — one walking with each spouse. Both cover your assessment, all nine intensive hours, materials, and all six follow-up sessions. Lodging and meals are not included.

How do I get started?

Every intensive begins with a short application and an assessment call, so we can confirm this format is a good fit for your situation before you commit.

How do we pay?

A \$500 deposit confirms your week. A second payment is due when your intensive begins (\$1,000 individual; \$1,800 couples), and the balance is paid monthly over the three months following (\$250/mo individual; \$400/mo couples).

Where is it held, and where do we stay?

Exclusively at our DuPage office in Winfield, Illinois. Travel and lodging are on your own — we've arranged a consistent rate at the Hyatt Place minutes from our office (typically \$100–125/night).

Optional — Bring a Care Partner.

You're welcome to invite a trusted friend, mentor, or church leader to sit in on your intensive and learn your Growth Plan — someone who keeps walking with you long after the follow-ups end. There's no added cost; just tell us when you apply.