Mosaic Mind & Body Wellness

THERAPY INTENSIVES · AUSTIN, TX

Hours, not minutes. Room for healing to happen.

An intensive is focused trauma therapy in half-day or multi-day blocks. Instead of stopping every 50 minutes, you get unhurried time to go deeper, with a therapist fully present for you.

EMDR Intensive

WITH JOSHUA ADAIR, LCSW-S · ADULTS

Two- to five-day EMDR for complex trauma, dissociation, and adults (including therapists) who feel stuck in weekly sessions.

Two to five days · From $3,250

In our Austin office, your home or an Austin rental, or virtual for Texas and Colorado residents.

Mother Wound Intensive

WITH ESTELLA RODRIQUEZ-ADAIR, LMSW · WOMEN

One- to three-day intensives for women healing a mother relationship that shaped how they love, work, and rest. In person or virtual in Texas.

One-on-one · From $1,260

Supervised by Brandi Washington, LCSW-S

An intensive may fit if you...

- Have done weekly therapy and feel stuck in the same place
- Want focused progress on a specific wound or pattern
- Have a schedule that makes weekly sessions hard to keep
- Are a therapist or helper doing your own deep work

When weekly support comes first

Intensives aren't the right starting point for everyone. If you're in active crisis, newly sober, or need steady support to feel safe day to day, we'll talk honestly about that and help you find the right next step. That may be weekly therapy with us, or working alongside your current therapist.

How intensives work

1

Reach out

Send a short inquiry and we'll set up a free consultation to talk about fit.

2

Prepare together

A 90-minute pre-intensive session maps your history, goals, and resources for safe, steady work.

3

Your intensive days

Focused blocks of therapy, paced with breaks and grounding so your nervous system stays supported.

4

Integration

Integration support and resources help the work settle into everyday life.

Not sure which intensive fits?

Book a free consultation and we'll help you find the right fit.

(737) 225-8836 · info@mosaicmindandbody.com

8700 Menchaca Rd., Austin, TX 78748 · mosaicmindandbody.com

Private pay · Pay over time with Klarna, Afterpay, or Affirm

Scan to learn more

In crisis? Call or text 988.