

*“Deciding to attend a 5-Day Intensive Outpatient Program can be a major step toward long-term healing and recovery.”*

Dr. Michael Courtney, Branches Executive Director

## 5-DAY INTENSIVE OUTPATIENT PROGRAM

### WANT TO GIVE THE GIFT OF HOPE, HEALING AND RESTORATION?

Consider sponsoring a 5-day program for someone who could not otherwise afford healing. Visit [branchescounselingcenter.com](http://branchescounselingcenter.com) to donate today. Branches is a non-profit 501c3 charitable organization.

5-Day Intensive Outpatient Programs take place at our main office in Murfreesboro, TN.



# BRANCHES COUNSELING CENTER

*Recovering Hope • Restoring Lives*



### BRANCHES COUNSELING CENTER

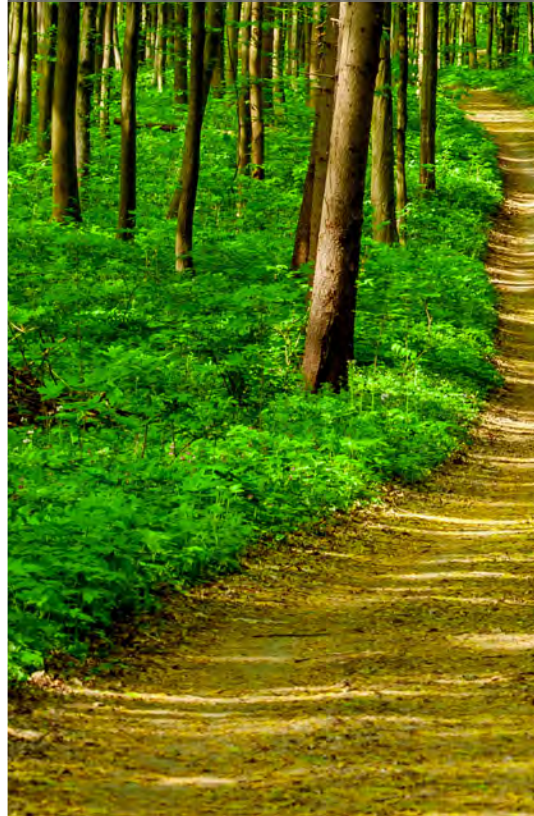
Branches is a non-profit, faith-based counseling center that offers healing and hope for those struggling with depression, anxiety, addiction and shame regardless of their ability to pay. Our dedicated and well-trained staff of both state licensed and pastoral counselors work with couples, individuals, children, and teens.

**Branches Counseling Center**  
1102 Dow Street, Murfreesboro, TN 37130  
615.904.7170



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*Recovering Hope • Restoring Lives*



**BRANCHES  
COUNSELING  
CENTER**



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## 5-Day Intensive Outpatient Program

Healing is both an event and a process. The 5-Day Intensive Outpatient Program at Branches expedites the process by focusing months of treatment into a five-day program. Intensive sessions inspire deep thought and boost radical change.

### What are the goals of the program?

There are three main goals for each participant:

- To reduce the level of emotional and spiritual pain to a manageable level
- To offer genuine hope for complete emotional and spiritual healing
- To develop a long-term recovery plan that leads to restoration

### Who should come?

Individuals who would most likely benefit are those who are experiencing:

- Deep emotional pain, grief, or loss
- Depression
- Uncontrolled anxiety
- Personal addictions
- Shame, guilt, or feelings of failure
- Issues related to spirituality

### Who leads the sessions?

Counselors are available every step of the way to provide support, knowledge and guidance. Sessions will be led by licensed and certified Branches counseling staff and other qualified, carefully selected pastors or spiritual leaders associated with Branches.

### What would I expect during the 5 days?

- The equivalent of three months of counseling, concentrated into approximately 40 hours
- The program could include a rotation of one-on-one sessions, group therapy sessions, EMDR, spiritual development sessions, nutrition and medication consultation, prayer, personal assignments, and other methods of treatment.
- Our program is customizable to meet the needs of the participants.

### How much does it cost?

Our standard fee for the 5-Day program is \$2900. Payment plans or sliding fees based on income can be discussed.

### How do I apply?

Call Branches at 615-904-7170 or visit [branchescounselingcenter.com](http://branchescounselingcenter.com) for more detailed information and application forms.

*“ I was tired of being stuck. The intensive allowed me to focus on life-changing healing. I paused my life for just one week, and it has changed the course of my life and my children’s lives for generations.”*



*“ I knew I wanted to do something different but I didn’t know what to do. The intensive at Branches connected me with others on the journey of healing, gave me specific tools to take with me, and reframed my perception of myself. I never knew how important emotional and spiritual healing was to my physical health.”*