



Fast-Track Program

Intensive Therapy Treatment

"He restores my soul; He guides me in the paths of righteousness." Psalm 23:3

PURPOSE OF THE FAST-TRACK PROGRAM

I have found intensive therapy is more effective and efficient than traditional therapy in the following situations: 1) getting at and healing deeply-rooted traumas; 2) rapidly helping those in significant pain; and 3) overcoming hurdles that have been resistant to traditional therapy approaches. Some people prefer the fast-track for the sake of addressing problems quickly over a much shorter span of time.

HOW IS THE FAST-TRACK SCHEDULED?

Fast-tracks are scheduled over a one week time period.

An *Individual Fast-track* consists of 20 counseling hours with two 2hr sessions per day. The same format is used for a *Couples' Fast-track*.

Combinations of *Marital* and *Couples' Fast-track* programs are available up to 50 counseling hours with up to five 2hr sessions per day.

WHAT ABOUT MY JOB?

You will greatly benefit by staying focused on your therapy. I highly recommend you "clear your calendar." Plan to take time off of work; try not to be planning any big events, i.e.: parties, seminars, preparing to host guests, etc. There are several nearby hotels and some clients have found it beneficial to stay away from home to minimize distractions.

WHAT IS THE FEE?

Amount shown is total for both therapists unless otherwise indicated.

Intense Therapy for Individuals (Dr. Crow only): \$1750

Intense Therapy for Couples' (Dr. Crow only): \$1750

Individual Fast-Track: \$3,100

Couples' Fast-Track: \$3,100

Comprehensive Fast-Track (Dr. Crow only): \$5,250

Comprehensive Fast-Track with Emphasis: \$6,600

Double Fast-Track with Couples' Therapy: \$7,950

Double Comprehensive with Couples' Fast-Track: \$9,300

WHAT CAN I EXPECT GOING THROUGH THIS INTENSIVE THERAPY? (Thoughts, feelings, etc.)

You will initially have some apprehension mixed with excitement. As you do deeper work you often will feel tired and need "space" to recover and then go on to do your homework. Some sessions will be harder than others. Some will feel more productive - like a big breakthrough. There may be a crisis point along the way that God will use to highlight and heal an issue. All of this is part of a typical intensive experience.

WHY IS THERE A SECOND THERAPIST?

I have found "there is wisdom in many counselors" (Proverbs 11:14). While Dr. Crow does fast-tracks himself, many times it is beneficial to have a second therapist because a second point of view is helpful along with additional tools which facilitate the learning and treatment process and change.

Both Gayle Selby and Sue Powers are therapists who do fast-track work that I trust. We share a faith-based value system and have extensive experience with clients. Our collaboration provides an extra dimension of support within the fast-track process.

The second therapist will be determined either by "best fit" and/or availability.

"Where there is no guidance, the people fall, But in abundance of counselors there is victory." Proverbs 11:14

"You shall know the truth, and the truth will set you free." John 8:32

WHAT ABOUT INSURANCE?

Insurance may help with some of the costs for the Fast-Track Program. Neither therapist accepts insurance. You will be provided receipts from both offices that you may file to your insurance company. **This does not guarantee payment.**

I AM READY! WHAT IS THE NEXT STEP?

Contact Sandy at 623-572-4128 and tell her you are ready. She will mail you an agreement. You need to read, sign, and mail the agreement back with a \$500 non-refundable deposit - this will be applied to your program.

Your program will be scheduled as soon as possible based on the availability of both therapists and your availability.

You will then receive a confirmation of your deposit and a schedule indicating the day, time and the therapist you are to see.

AFTER I HAVE COMPLETED THE PROGRAM – WHAT HAPPENS NEXT?

Preceding your fast-track Dr. Crow will have met with you and done some planning and assessment. These sessions are not included in the program and you will need to schedule them as you normally would around your work commitments and pay at the time services are rendered. Prior to completing your fast-track, plans will be made for aftercare.

In many cases, those who have completed their fast-track see less need for continuing care. However, it is wise to continue with follow up sessions to build on and secure progress made during the fast-track.

CANCELLATION NOTICE

Our customary policy regarding the cancellation of this program is two weeks prior to the first date of the first fast-track session. **The \$500 deposit is non-refundable.**

"God is our refuge and strength, a very present help in trouble." Psalm 46:1

"Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any harmful way in me, And lead me in the everlasting way." Psalm 139:23, 24



Gregory M. Crow, Ph.D.

GREGORY M. CROW, Ph.D. is a graduate of Rosemead School of Psychology, Biola University. He has been a psychologist in private practice in Scottsdale since 1982. He specializes in the treatment of addictions (primarily sex addiction), marriage counseling, trauma recovery, depression, anxiety and problems with adolescents. He is the co-author, with Dr. Ralph Earle, of the book *Lonely All the Time*, for sex addicts and their spouses. He also counsels many couples and enjoys doing couples' workshops on communication and conflict resolution skills. He and his wife, Gail, have three grown children and are members of Scottsdale Bible Church.



Gayle Selby, LPC, LISAC

GAYLE SELBY, LPC, LISAC is an Arizona state-licensed psychotherapist, providing counseling services focused on issues related to relationships, sexuality, and addictions. She specializes in therapeutic interventions that assist clients with recovery from sexual abuse and trauma, chemical and behavioral dependencies, anxiety and depression, stress/burnout, low self-esteem, and troubled relationships. Gayle holds two masters' degrees and has completed specialized post-masters training in the treatment of trauma, abuse, and deprivation, using specialized therapeutic modalities including EMDR. She is an ordained elder at Valley Presbyterian Church. She and her husband Bob have three sons.



Sue Powers, LPC

SUE POWERS, LPC, is an Arizona state-licensed psychotherapist providing counseling services for individuals, couples and adolescents. Sue has a focused interest in trauma, abuse and deprivation and is nationally certified in EMDR. She also specializes in addiction, co-dependency, depression, anxiety, and health, career, and relationship issues. Sue is certified in Real Relational Life Therapy™ and provides couple's counseling based on Terrence Real's book "The New Rules of Marriage". Prior to her private practice, Sue was a VP in the electronics industry. Sue enjoys all outdoor activities and supports animal rescue organizations in the Valley. Sue is faith-based reaching out to all.