

MACS

McCLOUD ACOSTA CLINICAL SERVICES

TRAUMA RESET INTENSIVE™

RESET YOUR NERVOUS SYSTEM. RECLAIM YOUR LIFE.

YOU'VE TRIED TO PUSH THROUGH...

but something still feels stuck.

- ✓ You feel overwhelmed or anxious
- ✓ You feel shut down or disconnected
- ✓ You're stuck in patterns you can't break
- ✓ Therapy helps... but not enough

**This isn't because you're broken.
It's because your nervous system is still
holding what hasn't been processed.**



THE SCIENCE

Your brain and body store unresolved experiences.

Without enough time and safety, they don't fully process.



THE TRUTH

You are not broken.

Your system adapted to protect you.

Healing is remembering how to feel safe again.

A DIFFERENT WAY TO HEAL

The Trauma Reset Intensive™ is a private, 2-day experience designed to help your nervous system safely process what has felt stuck.



NERVOUS SYSTEM
REGULATION



TRAUMA
PROCESSING
(EMDR-informed,
Somatic, Integrative)



EMOTIONAL &
COGNITIVE
INTEGRATION



PERSONALIZED
AFTERCARE
PLAN

WHAT TO EXPECT

DAY 1

Create Safety. Begin Healing.

- ✓ Slow down and create safety
- ✓ Build regulation and resources
- ✓ Begin gentle processing

DAY 2

Deepen. Integrate. Move Forward.

- ✓ Deepen processing
- ✓ Gain clarity and insight
- ✓ Create your integration plan

WHAT MAKES THIS DIFFERENT

- ✓ More time for real processing
- ✓ Nervous system-first approach
- ✓ Fully personalized care
- ✓ Structured, high-touch experience



WHO THIS IS FOR

This is for you if:

- ✓ You feel stuck despite therapy
- ✓ You want deeper, faster progress
- ✓ You're ready to face what's been held—safely

NOT APPROPRIATE FOR:

- Active crisis or unsafe environment
- Need for inpatient-level care

A short screening consult ensures this intensive is the right fit for you.

RESULTS

Clients often leave with:

- ✓ A calmer nervous system
- ✓ Reduced emotional reactivity
- ✓ Increased clarity and self-understanding
- ✓ A clear path forward



INVESTMENT

Starting at \$2,999

Private Pay Only
Payment plans available



APPLY FOR THE INTENSIVE

Spots are limited each month to ensure high-quality care.



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