

Family-of-Origin Intensive

NorthStar Relational Consultants

Highland Village, Texas | In-Person Only

What Is a Family-of-Origin Intensive?

A Family-of-Origin (FOO) Intensive is a concentrated, highly personalized therapeutic experience designed to help you explore and heal the formative years of your life — the first twenty years — where so much of who you are was shaped. Within the safety of a structured, immersive format, you will have the space and support to examine the relational dynamics, family systems, and early experiences that continue to influence your thoughts, emotions, and behaviors today.

FOO Intensives are designed to help clients identify, process, and begin to heal from:

- Attachment wounds and early relational patterns that affect how you connect with others
- Family roles, rules, and dynamics — including enmeshment, parentification, and emotional neglect
- Adverse childhood experiences and developmental trauma
- Intergenerational patterns and loyalties that may be playing out in your current relationships
- Faulty core beliefs about your worth, your emotions, your relationships, and sexuality
- Deep-rooted shame, people-pleasing, hyper-independence, or patterns of self-abandonment
- Messages received in childhood about love, trust, safety, and what you deserve

Faulty core beliefs developed in childhood — such as “*I am not enough*,” “*I am a burden*,” or “*I cannot trust anyone*” — often operate just beneath the surface of awareness, driving patterns that feel impossible to change. The FOO Intensive creates a rare opportunity to go to the root.

Format & Structure

FOO Intensives are offered as a **3-day experience**, with the option to add a **fourth day** for clients who wish to go deeper or address additional areas of focus. Each day includes:

- **5 hours of intensive therapeutic work** — personalized, focused, and paced thoughtfully to your needs
- **1-hour midday break** — time to rest, integrate, and restore before continuing

All sessions are conducted **in person at our office in Highland Village, Texas**. FOO Intensives are not offered virtually, as the depth of this work benefits significantly from the relational presence that in-person sessions provide.

A Deeply Personalized Experience

No two FOO Intensives are alike. From the moment you reserve your dates, the preparation process begins. Prior to your intensive, you will receive **individualized prep work and assessments** carefully selected to help us understand your history, goals, and needs before we ever sit down together. This preparation allows us to arrive ready — not to run through a standard protocol, but to meet you exactly where you are.

Throughout the intensive, you and your clinicians will:

- Explore your goals, struggles, and specific areas of need
- Work through both individual and relational dimensions of your story
- Engage in psychoeducation and experiential activities tailored specifically to you
- Use evidence-based and experiential trauma modalities woven in organically as clinically appropriate
- Move at a pace that honors your window of tolerance while still allowing meaningful progress

Post-intensive integration sessions are available upon request for clients who wish to continue processing their experience with ongoing support.

Trauma Treatment Modalities

Both Dr. Knowlton and Dr. Martin are trained in multiple trauma treatment modalities, which are woven throughout the intensive process to maximize healing and processing. These include:

- **EMDR** (Eye Movement Desensitization and Reprocessing)
- **Somatic Experiencing**

- **Psychodrama**
 - **IFS** (Internal Family Systems)
 - **Brainspotting**
 - **PIT** (Post-Induction Therapy)
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Your Clinicians

Dr. Laney Knowlton, LMFT-S, CST, CSAT-S, CPTT-S, CCPS, CCRDS-S, CCBRT, RAE

Dr. Knowlton has worked in the mental health field since 2009, specializing in Problematic Sexual Behaviors and Betrayal Trauma. She holds a master's degree in Marriage and Family Therapy and a PhD in Clinical Sexology, and serves as President of the Society for the Advancement of Sexual Health (SASH) and faculty at IITAP. She is the creator of the Connected Recovery® model of therapy and the author of multiple books on recovery from PSB and Betrayal. Dr. Knowlton co-owns NorthStar Relational Consulting and owns Knowlton Counseling, with offices in the Dallas, Texas area and Logan, Utah.

Dr. Brian Martin, LMFT-S, LSOTP, CSAT, CPTT, CCPS, CCRDS-S

Dr. Martin has worked in the mental health field since 1998, specializing in Sex Offender Treatment, Problematic Sexual Behaviors for both juveniles and adults, and Betrayal Trauma. He taught undergraduate courses at California State University and two other colleges in northern California, and previously owned and administered a large counseling center in northern California. Dr. Martin owns a private practice and co-owns NorthStar Relational Consulting in the Dallas, Texas area.

Investment & Scheduling

Cost: \$3,600 per day | **3-Day Intensive:** \$10,800 | **4-Day Intensive:** \$14,400

Due to the significant preparation invested in each intensive and the time commitment required of both clinicians, **payment in full is required to reserve your dates**. All payments are **non-refundable within 60 days** of the scheduled intensive start date.

To inquire about scheduling or to learn more, please reach out to our team. We will be happy to answer any questions and help you determine whether a FOO Intensive is the right fit for your healing journey.