



Private Couple's Retreat

When a relationship is in crisis, an extreme marriage makeover may be needed to help the couple move in a different direction in a shorter period of time than traditional counseling. If your relationship is in crisis or you want to see more rapid change than traditional counseling can offer, Private Couple's Retreat may be the fastest route to healing.



How does it work?

This type of counseling is completed in the course of 2-5 full days of therapy.

During each day, the sessions may include two to three hours of therapy in the morning, a break for lunch, and two to three hours of therapy in the afternoon.

Your Private Couple's Retreat will be structured depending on the issues to be addressed, the amount of time contracted for the therapy, the goals you have for the therapy, and your emotional needs.

Upon completion of the therapy, we can prepare a written summary of your therapy process and recommendations for you as a couple, and if indicated, for each of you individually.

We may recommend that the Private Couple's Retreat be followed by regular weekly couples' therapy.



Benefits



It often leads to a significant reduction of feelings of distress, resolution of specific problems, and a stronger relationship.

In many cases, it has moved couples from thinking of ending their relationship to recommitting to it in new ways. However, it is important that you also understand the risks involved.

Despite the "nuts and bolts" approach of this method, the Private Couple's Retreat format may move you more quickly and intensely into the areas of difficulty to be addressed.