

# Who is this intensive for?

This format of counseling works great for couples who want to dive into their struggles quickly and see results in a short amount of time.

This works very well with couples who are struggling with communication issues who need to learn or brush up on their skills or for couples who want a way to quickly learn how to reconnect and establish intimacy in their relationship.

This also can work well for couples who may be in crisis and need more consistent time to begin the counseling process as a "jumpstart" - more so than what they would get from one hour per week of traditional couple's counseling.

Intensive counseling is also a great option for couples who have limited scheduling availability (couples counseling is very difficult to progress through without the ability to commit to weekly hour-long appointments and your clinician may not have availability in your preferred time frame).

*This format of therapy is not a good fit for couples in which there is/are:*



- Active alcohol and/or substance addiction on the part of either or both partners, from either partners perspective. Please seek treatment for these concerns individually prior to scheduling an intensive.
- Serious violence, threats by one or both partners that serious violence may occur, or fear of such violence on the part of one or both partners.
- Untreated major mental illness (schizophrenia, recurrent psychotic depression, or bipolar/manic-depressive illness.) Note: This does not include past, successfully treated psychotic episodes or diagnoses.
- Undisclosed ongoing infidelity that you are not willing to disclose to your partner (these types of secrets predict marital failure).
- One or both partner(s) who are experiencing suicidal or homicidal thoughts, or have a history of serious harm inflicted on him/herself or another person. Exceptions may be made if this partner is currently receiving mental health treatment and the clinician who will be conducting the intensive has a chance to discuss said treatment with the partner's therapist providing individual counseling.

# WHICH OPTION IS *right for me?*

## 6 HOURS

- (1 day, 2 3-hour blocks)
- 30-minute video consultation before your retreat
- 3-hour assessment process
- 13-hour block to work on 1 goal from our Relationship Plan
- Recommendations and resources to continue progressing toward goals
- It is recommended that 6-hour retreats are followed up with weekly or biweekly appointments until goals are met (dependent on availability of couple and clinician)
- Valued at \$870

TOTAL INVESTMENT \$730

## 12 HOURS

- (2 days, 2 3-hour blocks/day)
- 30-minute video consultation before your retreat
- 3-hour assessment process
- Three 3-hour blocks to work on goals from our Relationship Plan Maintenance plan to maintain progress made during the retreat
- Couple's Retreat Binder full of resources to continue progressing toward your relationship goals
- Recommendations to continue progressing toward goals
- Fifteen 5 minute follow up session to check in on progress following the retreat
- Valued at \$1890

TOTAL INVESTMENT \$1530

All couples work requires a thorough assessment so your clinician can get to know you as individuals and as a couple. Couples counseling is not a one size fits all approach. Your time with your clinician will be tailored to your unique relationship dynamics and needs. This assessment will consist of:

### **Oral History**

- Approximately 1 hour spent gathering information to create a relationship timeline

### **Individual Interviews**

- 30 minutes spent with each person to collect personal background information and history that may be impacting you individually and/or the relationship

### **Gottman Relationship Checkup**

- \$30 paid online to the Gottman Institute An thorough, online assessment completed before the feedback session that provides detailed information on your relationship strengths and areas for improvement

### **Feedback Session**

- Approximately 1 hour reviewing the results of your Relationship Checkup and collaborating on goals for your counseling/retreat. We will work together to create a thorough Relationship Plan