

# Purespective COUNSELING AND COACHING

*Experience the Life and Relationships You Want*

## **Frequently Asked Questions - Intensive Couples Therapy**

### **How do we know if a Couples Therapy Intensive Weekend is right for us?**

If any of the bullet points under “Couples Intensives are Designed for:” apply to you, then you should strongly consider a Couples Intensive. Whether you are in crisis, struggling or just want to experience greater communication, trust or connection, devoting a weekend of your time under the guidance of a relationship expert will be invaluable to your relationship or marriage.

### **We are already on the brink of divorce or separation; is a Couples Therapy Intensive Weekend worth it?**

Most often the answer is yes. Many couples move toward the decision to separate or divorce before seeking any kind of professional support. In addition, couples often struggle for YEARS before seeking professional guidance and then give up on the relationship too soon once they have sought this guidance. A couples intensive is specifically designed to give you the required time, space and professional support so you can honestly decide, one way or the other, whether staying together or separating is the best choice. More often than not, we can bring couples back to a stable, secure and loving relationship or marriage!

### **How do we prepare for the Couples Therapy Intensive Weekend?**

After we have completed the complimentary initial consultation and you have completed your client questionnaire, we will provide you with some specific articles and/or chapters of a book that you can review prior to the Couples Intensive. This is not mandatory, only an opportunity for you to better understand the process that we will be engaging during the Couples Intensive.

### **Two days seems long; do couples actually make it through an entire weekend?**

Absolutely! Most couples can't believe how quickly the time passes during a Couples Intensive. We will engage places within you and your relationship that you may have never experienced before. When we engage these depths of change, growth and transformation, it is easy to lose track of time. Most couples say a 6-hour Mini Couples Intensive feels like 3 hours and a 14-hour Weekend Couples Intensive feels like 6 to 7 hours spread over two days.

### **What should we expect after the Couples Therapy Intensive Weekend?**

This varies with each couple. We are definitely going to achieve a lot within the Couples Therapy Intensive Weekend. You will move towards your goals and may even surpass them as a couple. You will probably need to continue counseling in some form to sustain the gains you have achieved during the intensive. This can occur with us, or we can help you locate a qualified therapist in your area.

### **Will you travel to us for a Couples Therapy Intensive Weekend?**

Yes. We can travel to your location, or basically any location that is convenient or comfortable for you. Please give us a call to discuss these details and the associated travel costs.

### **Still have additional questions?**

Please send us an email [vnavara@purespective.co](mailto:vnavara@purespective.co) or give us a call [303-317-7636](tel:303-317-7636). We are more than happy to answer your questions. We look forward to hearing from you soon!