

Mini Couples Intensive Format

9:00-11:00am Couples Session

We will explore, define and engage your struggles and goals for therapy as they pertain to the current state of your relationship.

11:00-11:45am Individual Session with Partner 1

We will explore and understand your individual history and struggles as they pertain to the relationship. Partner 2 will have a break.

11:45am-12:30pm Individual Session with Partner 2

We will explore and understand your individual history and struggles as they pertain to the relationship. Partner 1 will have a break.

12:30-1:45pm Lunch Break

You will have the opportunity to eat at one of the local delis or restaurants in the beautiful surrounding Wash Park neighborhood within walking distance or a very short drive.

1:45-3:45pm Couples Session

We will engage and understand your current struggles and practice alternative ways of relating that move you toward your relational goals so you can see and feel progress.

3:45-4:00pm Break

Opportunity for coffee, tea, a snack, or to use the restroom.

4:00-5:30pm Couples Session

We will continue to engage your current struggles, practice alternative ways of relating that move you toward your relational goals and consolidate everything you have accomplished.