

Weekend Couples Intensive Format • Day 1

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.

Weekend Couples Intensive Format • Day 2

9:00-11:00am Couples Session

We will highlight your current progress, consolidate all the positive practices that have moved you toward your relational goals and continue to work through your challenges.

11:00-11:15am Break

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

11:15am-12:45pm Couples Session

We will continue to increase your ability to understand, communicate and trust each other while working through your individual and relational struggles and achieving your goals.

12:45-2:00pm 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.

2:00-4:00pm Couples Session

We will continue to expand your ability to work through your challenges and achieve your relational goals while deepening your connection and intimacy as a couple.

4:00-4:15pm Break

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

4:15-5:45pm Couples Session

We will reflect upon and integrate all that you have accomplished as a couple.