

## Couples Intensive Sample Schedule

This sample schedule will give you an idea of what your intensive can look like and many of the topics we cover. In all of our intensives, the first day is largely the same as what's below. Subsequent days will be designed with your specific needs and situation in mind.

### DAY 1

- Welcome and initial couples' session to review goals for the intensive.
- Individual Session with Partner #1.
- Individual Session with Partner #2.
- Lunch Break
- Review the Gottman Relationship Checkup Assessment, including areas of strength and growth in the relationship.
- Develop a structure for discussing progress and problem areas in the relationship so you can reach your goals together.

### DAY 2

- Begin the day with increasing your friendship by practicing building love maps, fondness and admiration and turning towards one another.
- Identify conflict areas and underlying dreams, values and goals that maintain gridlock in the relationship.
- Lunch Break
- Begin to address conflict management styles and learn new strategies and tools that deepen connection and de-escalate conflict.
- Begin a deep dive into understanding yourself and your partners behaviors, thoughts and feelings that create negative patterns in the relationship.

### DAY 3

- Continue building friendship by developing rituals of connection, practicing stress reducing strategies and enhancing sexual intimacy.
- Practice compromise and accepting influence strategies.
- Lunch Break
- Explore relationship goals and begin creating shared meaning.
- Develop a plan for maintaining the progress made during your intensive.

**Remember, your intensive will be custom-designed for you and your partner.**

One-day intensives are great for couples looking to get a jump start on weekly therapy sessions. Longer intensives are more helpful for quickly rebuilding connection and giving you the tools you need to maintain it after our work together.

Interested in a longer intensive but need to split the days up over time? We can do that. Let's chat.

*We look forward to working with you to create an individualized experience that will pave the way for lasting change.*

REQUEST MY INTENSIVE