

Couples Intensize



Aspect	Details	Key Benefits
Overview	Couples intensive sessions provide an alternative to weekly appointments, offering a structured, focused format to address urgent or longstanding relationship issues. These sessions involve planning, guided practice, and clear goals for progress.	Faster progress on critical issues by addressing problems within days rather than months, practical communication and emotional skills, and a flexible schedule tailored to busy or geographically constrained couples.
Approach	Sessions incorporate evidence-based methods such as cognitive-behavioral couple therapy, integrative behavioral couple therapy, and emotionally focused couple therapy, ensuring researched-backed strategies for relationship distress.	A structured, results-oriented format that emphasizes clear goals, practical exercises to de-escalate conflicts, reconnect emotionally, and learn lasting communication strategies.
Process	Begins with a pre-intensive assessment to establish goals and readiness, alternating between teaching, dialogue, and reflection. Offers built-in structured breaks for balance and ensures emotional safety throughout.	Safety-focused screening to ensure the sessions are appropriate, with alternative options provided if necessary. Includes written plans for post-intensive follow-up and skill application.
Outcome	Participants leave with a personalized follow-up care plan, concrete goals achieved during the intensive, and actionable exercises for continued growth in communication and emotional connection at home.	Progress-tracking through individual or joint follow-up sessions and an emphasis on maintaining momentum gained during the intensive.
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