

# Sample Couples Intensive Schedule

*This sample schedule will give you an idea of what your intensive can look like.*

## **A pre-intensive process to help each partner feel prepared;**

- An extensive individual questionnaire to be completed by each partner individually
- 60-minute Individual session with Partner #1
- 60-minute Individual session with Partner #2

## **Ten hours of therapy broken up over 2 or 3 days (Chelsea will work with each couple to customize a schedule)**

- 60-minute Individual session with Partner #1 (virtual or in person)
- 60-minute Individual session with Partner #2 (virtual or in person)
- 90 minutes - Initial couples session (full relationship assessment) (Ideally in person but can be virtual)
- 3 hours Couples Session (ideally in person, typically on Fridays)
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- 30-minute follow-up session to be used within two months of intensive (virtual or in-person)

## **A personalized follow-up plan**

### **A take-home folder that includes;**

- Practical strategies/tools for communication and conflict resolution
- Check-in process
- Relationship Fear Cycle

*I look forward to working with you to create an individualized experience that meets the needs of your relationship.*