

## WHAT YOU CAN EXPECT...

### SESSION 1

This is a 90 minute session designed to really get the heart of where you are and where you want to go in your relationship. Its also a time to get to know me and make sure that you connected and comfortable with me as your therapist.

### SESSION 2

This is also a 90 minute session but I will meet with each of individually for 45 minutes each to get a good understanding of who you are as a person and what you're bringing to the relationship...both strengths and challenges.

### SESSION 3

Our 3rd session is my favorite! We create a vision and really get clear about what you want your relationship to look like, feel like and be like.

**"If you don't know where you're going, you might wind up someplace else."**-Yogi Berra

Even though other situations may come up, we'll revisit this session frequently to make sure that we're moving towards your goals.

### SESSION 4+

All remaining sessions are 60 minutes and individually tailored to meet you where you are. Whether we are working on de-escalation, trust building, lack of intimacy or something else, we will work at a pace that's comfortable for you and your spouse.

By the time we're finished with counseling, you'll understand the cycle that keeps you and your partner from feeling close and connected and how to move out of stuck, unproductive and destructive patterns.

With the tools I offer, you'll have everything you need to have to feel close again.