

Common questions about Marriage Intensives

WHAT IS A MARRIAGE INTENSIVE?

When couples experience problems in their marriage or want to be proactive by keeping minor issues from blowing up into major battles, they often turn to traditional marriage counseling. While such counseling can be highly effective, it often takes a long period of weekly sessions to achieve meaningful change.

A Marriage Intensive accelerates the process through structured two- or three-daylong sessions. The approach allows the couple to focus completely on the issues affecting their marriage, so they aren't distracted by other work or home concerns.

WHO BENEFITS FROM MARRIAGE INTENSIVES?

Any couple can benefit from time invested in a Marriage Intensive, whether they want to make a healthy marriage even better or find solutions to the problems threatening their relationship. It's a particularly effective approach for marriages that have recently suffered significant trauma, serious conflicts, extramarital affairs or other infidelity.

HOW DOES A MARRIAGE INTENSIVE DIFFER FROM REGULAR COUPLES THERAPY?

Traditional marriage counseling can be highly effective, but often takes a long period of weekly sessions to achieve meaningful change. That means couples spend 50-60 minutes discussing critical issues, and then have to return to their normal lives and routine for a week before returning for the next session. That can be difficult in a troubled marriage. In addition, the time it takes to update the counselor about what happened that week limits the amount of new discussion and progress that can take place in a session.

A Marriage Intensive removes the distractions of work and daily lives, allowing the couple to focus their complete attention on the needs of their marriage. Because they're together with the counselor, there's no need to waste time updating each other on what happened between sessions. Instead, they can work together to overcome issues and find better ways to communicate and resolve issues, thus expediting the restorative process.

DOES A MARRIAGE INTENSIVE INVOLVE OTHER COUPLES?

There are two types of Marriage Intensives. Some are group retreats in which several couples participate, while others are private sessions for just one couple. The approach that's best for a particular couple depends upon their personalities and specific issues.

While couples may be hesitant to discuss their marriage in front of complete strangers, the group approach is often powerful and beneficial, because couples realize they are not alone in struggling to save their marriage and

family. Comradery and support from those without long biased histories can be comforting and empowering for couples. Couples who are very private and uncomfortable sharing details with others will likely prefer a private session.

HOW LONG DOES A MARRIAGE INTENSIVE TAKE?

Typically, intensives come in 2 and 3 day options. Intensives can be consecutive days or separated over a week to allow for space and practice of what is learned during sessions. Each intensive is tailored to the needs of the couple.

HOW ARE MARRIAGE INTENSIVES STRUCTURED?

Each Marriage Intensive is structured to address the particular needs of the couple. The marriage counselor(s) will develop a series of sessions and conversations to learn more about the couple's history, current relationship, issues, and goals. Next, the counselor will address those areas and help the couple understand what they can do. At the end of the Marriage Intensive, the counselor will provide ongoing recommendations for the couple to address what they discussed.

The schedule includes multiple breaks and time alone so the couple can reflect upon what's been discussed and learned. The counselor may suggest activities to reduce any unease, and for practical application. Breaks are also taken for meals, which are provided so the couple only has to focus on their marriage.

HOW QUICKLY DO COUPLES ACHIEVE RESULTS WITH A MARRIAGE INTENSIVE?

One of the biggest benefits of the Marriage Intensive approach is how quickly couples obtain life-changing results. Instead of seeing incremental change over a period of weeks or months, they have the opportunity to achieve significant changes over a couple days.

HOW CAN WE TELL IF A MARRIAGE INTENSIVE IS RIGHT FOR US?

The best way is to talk with a professional counselor who works with couples. They'll ask questions about your situation and your goals, and then help you determine whether a Marriage Intensive is likely to benefit you.

WHAT IS THE COST FOR AN INTENSIVE?

\$1350-1480 for 1 day individual couple (not offered in a group format) –

\$2150- 2960 for 2 days individual couple (\$1950-2220 if in group)

\$3195- 3996 for 3 days individual couple (\$2,595 -3330 if in group)

\$1050 Refresher day (only couples who have completed a 3 day intensive are eligible to apply for a refresher day)

\$1450 for 6 week aftercare course (only for couples who have completed the 3 day intensive)