

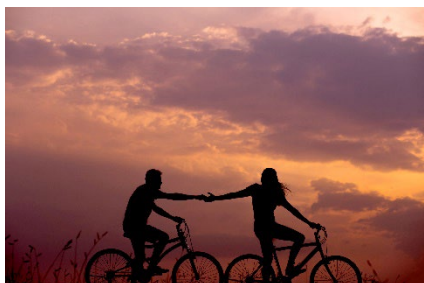


# ONLINE COUPLES COUNSELING

## INFORMATION, TERMS AND CONDITIONS

### GOTTMAN RELATIONSHIP QUESTIONNAIRES

The questionnaires consist of about 300 questions about friendship, intimacy, how well you know your partner, how you manage emotions and conflict and how you share your values and goals. The questionnaire is completely confidential. Results provide valuable clinical information by pinpointing specific strengths and challenges in your relationship.



### LENGTH OF COUNSELING

The length of counseling depends on many factors, such as the nature of your difficulties and readiness for change, as well as intensity of your work in between the sessions. We will establish points at which to evaluate your satisfaction and progress. Also, I will encourage you to raise any questions or concern that you have at any time.

### APPROACH

I will be using the **Gottman Method** during our couples sessions. The Gottman Method was developed by the world-renowned psychologists Drs. John and Julie Gottman. It consists of a thorough assessment and a series of effective interventions. **The assessment** identifies challenging areas of your relationship. Over the last 40 years, Drs. John and Julie Gottman developed scientifically proven **intervention techniques** that have helped more than 100,000 couples.

### STRUCTURE

#### Assessment:

1. In the **first 90-minute couples session** we'll talk through the history of your relationship, current concerns, and what you hope to get out of therapy.
2. If we feel that we're a good fit to work together, you'll complete the **Gottman relationship questionnaires** online within a few days.
3. After that, each of you will have a **55-minute individual session** to share more about your personal background and your perspective on the relationship.
4. We'll then come back together for a **final assessment** couples session, where I'll share my reflections and recommendations, and we'll agree on goals for our work going forward.

**Treatment:** In the therapy sessions, we'll focus on strengthening connection, deepening friendship and intimacy, while fostering trust and commitment. I will assist you in managing conflicts productively, addressing resolvable problems, and engaging in dialogue about gridlocked issues. Weekly 90-minute sessions are strongly recommended as research shows such intensity increases counseling effectiveness.

**Phasing out:** As you gain confidence with new tools and patterns, we'll space out the sessions to help you apply what you've learned in daily life and prepare for termination of counseling.

**Termination:** Although you may terminate sessions whenever you wish, it is most helpful to maintain your treatment gains by having at least one final session together to summarize progress, define the work that remains, and bring a sense of closure.

## GOTTMAN RELATIONSHIP BUILDER

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The Gottman Relationship Builder is a collection of [exercises and videos offered by the Gottman Institute](#) to improve your relationship and to greatly minimize chances of relapse. This powerful system of proven interventions includes:

- 13 modules that cover all facets of the Gottman Method.
- 90 short and informative videos of Drs. John and Julie Gottman role-playing to use your newfound skills.
- 35 easy and fun exercises that you can do with your partner.

Gottman Relationship Builder is available for 149 USD on demand.



## BOOKINGS & CANCELLATIONS

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- Clients can [book appointments](#) and view current fees and availability in the [online calendar](#). Session fees may increase annually from 1 January.
- Sessions are self-pay; costs are **not** reimbursed by health insurance.
- Rescheduling or **cancelling less than 24 hours** before your session will incur the **full fee**.

## CONFIDENTIALITY

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Everything you share and all records are **strictly confidential** and will not be disclosed to third parties. Exceptions apply only in rare cases:

- If there is a serious risk of harm to yourself or others.
- If required by law or court order.

I also consult with a supervisor to improve the quality of therapy. In these cases, your identity is anonymized and details are changed to protect your privacy.

## CREATING A FOCUSED SPACE

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Couples counseling offers a peaceful environment to focus entirely on each other. **Please arrange childcare** and silence phones before your session.