



Choosing the Right Couples Program

Both couples programs are designed to strengthen connection and improve relationship functioning. The difference lies in the depth, structure, and level of assessment involved. This guide is designed to help you choose the option that best fits your relationship needs.

Option 1: Couples Reset

Couples Reset is a focused, short-term program designed to help couples reset negative patterns, improve communication, and rebuild connection without a formal assessment process.

Best suited for couples who:

- Feel stuck in negative communication cycles
- Are managing stress, burnout, or life transitions
- Want to rebuild teamwork, trust, and emotional connection
- Feel their relationship is strained but stable
- Want practical tools and momentum in a short timeframe

Investment:

- 4 × 90-minute couples sessions
- \$450 per session
- Total investment: \$1,800

Option 2: Relationship Advancement Package

The Relationship Advancement Package is designed for couples seeking a comprehensive understanding of their relationship, including assessment-informed recommendations and guided therapeutic support.

Ideal for couples who:

- Want clarity about why patterns keep repeating
- Prefer a structured roadmap rather than open-ended therapy
- Are impacted by personality differences, mental health stressors, or past ruptures
- Value assessment, insight, and tangible at-home recommendations
- Want both understanding and professional guidance to move forward

This package begins with a comprehensive relationship assessment evaluating both partners within the context of the relationship. Couples receive a written assessment report outlining strengths, stressors, relational patterns, and clear, actionable recommendations.

Included therapeutic support:

- Comprehensive relationship assessment
- Written assessment report with recommendations
- 6 × 50-minute couples counselling sessions

Investment:

- Total package fee: \$2,750

Option 3: Session by Session Couples Counselling

Some couples choose to go session-by-session for couples counselling at the rate of \$250/50 mins. This does not include specialized assessments (additional costs) but can be added in as needed with fees discussed at the time.

Program Feature Comparison

FEATURE	COUPLES RESET	RELATIONSHIP ADVANCEMENT
PROGRAM LENGTH	Short-term (4 sessions)	Longer-term, structured package
SESSION FORMAT	4 × 90-minute sessions	6 × 50-minute sessions
ASSESSMENT INCLUDED	No	Yes – comprehensive relationship assessment
WRITTEN REPORT	No	Yes – detailed assessment report
PRIMARY FOCUS	Communication, stress, connection	Insight, patterns, roadmap, integration
COMPLEXITY OF ISSUES	Mild to moderate	Moderate to complex
AT-HOME RECOMMENDATIONS	Skills-based tools	Personalized, assessment-based recommendations
TOTAL INVESTMENT	<u>\$1,800</u>	<u>\$2,750</u>