

Marital Therapy

Marriage and couples counseling are brief, solution focused type of therapy. Most couple's complete treatment within 20 sessions, although the average is closer to 12 sessions. Marriage counseling can take place every week or every other week, depending on the initial assessment of the therapist and the goals of the couple. Couples therapy is successful when both partners are equally invested in finding solutions to marriage issues together and willing to put in the work, both individually and as a couple.

Maintenance Therapy

Designed to keep relationships running smoothly, rather than waiting until there are big problems to get help. Continuing to grow the relationship with regular check ins to maintain intimacy, empowerment, love and happiness.

Relationship Conflict

Introducing strategies to help avoid or recover from any harm done within the relationship. Learn the real reason for the conflict and how to resolve it within the relationship.