



Couples Intensives

For Busy Couples Ready to Create Relationship Change

Your relationship deserves focused time, care, and attention. When you're ready to reconnect, we'll help you find your way back.



Introducing Couples Intensives

Sometimes a weekly therapy session isn't enough or isn't possible. Couples Intensives offer a different path: **14 hours of dedicated space across two days**, designed to help you and your partner step out of your daily routine and focus deeply on your relationship while building new skills to transform longstanding challenges.

Some couples use intensives as a **stand-alone intervention**, creating powerful breakthroughs and meaningful change in just two days. Others find the intensive a **helpful jumpstart to ongoing therapy**, giving them momentum and a foundation for continued growth in weekly or biweekly sessions.

We've tried couples therapy before and all we did was fight in session—will this be any different?

Our couples intensive facilitators are trained to intervene when ineffective communication patterns show up in session and to lead you and your partner back to a more effective dialogue. That said, if your tendency is to avoid conflict, you may feel like your Couples Intensive really turns up the heat—and that's a good thing! When we dialogue effectively through our differences in perspective, we can actually deepen our understanding of our partner and create a stronger bond.

During your Couples Intensive, you'll learn to:

- ✓ **Express your honest thoughts, feelings, and desires** even if you fear your partner's reaction
- ✓ **Listen and respond effectively** to your partner's thoughts, feelings, and desires even if you don't like or agree with what they have to say
- ✓ **Manage defensiveness** and resist getting swept up in your partner's feelings
- ✓ **Navigate even the most sensitive conversations** with care, respect, and empathy

What to expect:

- ✓ **A personalized experience** informed by your initial one-hour consult with your facilitator and in-depth assessments completed prior to your intensive
- ✓ **Skill-building and in-session practice** to strengthen communication, intimacy, and conflict resolution
- ✓ **Clear, actionable takeaways:** handouts, strategies, and a vision for your post-intensive relationship
- ✓ **Compassionate support** from experienced facilitators



Couples Intensives are designed for couples who:

Have busy schedules or demanding jobs that make it difficult to commit to weekly therapy

Want to address ongoing challenges with communication, intimacy, or conflict

Feel stuck around a major life decision and need support navigating their differences

Desire a concentrated reset or reboot for their relationship

Chicago | Oak Park | Boulder
312.809.0298

www.wildflowerllc.com

Frequently Asked Questions

Q: How are couples intensives different from couples counseling?

A: Weekly couples therapy typically provides one hour of support at a time, giving couples the opportunity to gradually process challenges, practice new skills, and integrate changes into daily life. A Couples Intensive, in contrast, condenses the work into 14 hours across two days. This concentrated format allows couples to go deeper, stay immersed in the process, and experience momentum and breakthroughs that may take weeks or months to develop in traditional couple's therapy.

Q: How much does a couples intensive cost and is it covered by insurance?

A: The cost of a Couples Intensive is \$2,700. Couples Intensives are educational intensive workshops and not considered medical treatment so they are not covered by insurance. The cost includes your 14-hour intensive and digital copies of all handouts and materials used during the intensive. An initial one hour video consultation with your facilitator is required before scheduling an intensive. There is no charge for this consultation and you will not be charged if an intensive is not scheduled.

Q: Who is not a good fit for a Couples Intensive?

A: Because of the intensive nature of this format, it is not recommended for couples where:

- ✓ One or more partners is experiencing an active, untreated substance use disorder
- ✓ One or more partners is living with severe, untreated, or unmanaged mental health challenges (such as mania, psychosis, or severe obsessive-compulsive symptoms)
- ✓ There is an active, ongoing affair or other secret betrayal that has not be disclosed to all partners
- ✓ There is physical violence, or emotional, financial, or physical abuse present in the relationship

In these situations, ongoing individual and/or couples therapy in a different format may be more appropriate and supportive.

Q: Are couples intensives a good fit for my triad/throuple/polyamorous relationship?

A: Intensive facilitators are well-versed in polyamory and non-monogamy. Partnerships of more than two may be well-suited for an intensive format. If you are interested in engaging multiple partners in a Couples Intensive, please mention this during your initial call so that it can be explored further during your free consultation hour. Depending on the issues and challenges you wish to address and on the structure of your CNM relationship, your facilitator will make a recommendation about who should be included in your intensive session.

Q: What happens after the intensive ends?

A: Each couple leaves their intensive with new insights, personal goals, practical skills, and materials to continue practicing at home. Some couples feel ready to move forward independently, while others choose to continue with ongoing couples therapy to deepen and sustain their progress. Your facilitator will help you identify the best next steps for your relationship.

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 **To get started, please reach out to our intake team by calling 312.809.0298 or completing the inquiry form on our website.**