Couples Intensive

Purpose & approach

A couples intensive is a short, focused form of relationship work designed to interrupt stuck patterns and create real movement in a limited time. Instead of spreading the work across regular sessions over an extended period, an intensive creates enough continuity, depth, and containment to work with what otherwise might remain hard to access.

This format is particularly helpful when couples feel locked into repeating conflict, are dealing with rupture or loss of trust, or sense that something important needs to shift quickly — and that waiting for it to unfold slowly is no longer viable.

The aim is not to resolve everything or offer a quick fix. The aim is momentum: clarity about what is happening between you, what each of you is contributing, and what becomes possible when patterns are met directly rather than avoided or defended. An intensive prioritises honesty and movement, rather than strengthening avoidance.

The intensive is facilitated by a therapist who stays steady when conversations become difficult or tense, and who can safely hold conflict, withdrawal, and rupture.

RLT-inspired structure (brief)
The work is relational, experiential, and active.

- We map the core dynamic between you: how power, protection, withdrawal, or escalation show up.
- We slow moments down and work with them live, not just discuss them.
- We focus on speaking and listening from a more grounded, adult place — including learning how to repair when things go wrong.
- We translate insight into concrete relational shifts you can take forward.

A two-day intensive is usually enough to:

- Interrupt entrenched loops
- Surface what actually matters beneath the patterns you're caught in
- Practice new ways of meeting each other, with guidance
- Decide what kind of work (if any) should follow

Follow-up sessions are often recommended to help the changes hold and prevent old patterns from reasserting themselves.

Format

The intensive takes place over **two full days**. These are often scheduled on a Friday and Saturday, though other two-day combinations are possible by agreement.

Each day includes **two to three extended sessions**, with **longer breaks in between**. This pacing allows the work to unfold with depth, while giving space for rest and integration.

Day 1 focuses on entering the relational pattern you are caught in, and interrupting it.
Day 2 builds on what emerged and closes with integration and next steps.

Option 1 — Nyon
You come to Nyon for two full days of work.
You stay in accommodation nearby, ideally away from your usual environment, family routines, and daily obligations. This separation helps create the focus and containment the work requires.

Option 2 — Near you
I travel to your location.
We work in a dedicated, neutral space (for example: a separate room in a hotel or similar setting).

Fees
Intensive work is priced differently from standard hourly sessions due to the depth, focus, preparation, and sustained presence required.
A clear flat fee is agreed in advance.

Accommodation & travel

- Accommodation costs (yours or mine) are separate from the intensive fee.
- Travel expenses (mine or yours) are charged on top.
- If the work takes place near you, I will book an additional room specifically for our work together.

Suitability
An intensive is not appropriate for every couple at every moment.
We will clarify fit and readiness beforehand so expectations are realistic and the work is held responsibly.