

Some couples feel they might benefit from more intensive support than traditional weekly or bi-weekly sessions. These longer sessions allow us to delve deeply into your issues and spend the time needed to make real progress. Intensive sessions are available on weekdays and selected weekends.

All parties need to agree on the agenda for the session. Intensives are not the time to reveal major secrets to your partner (or your therapist). If there is an undisclosed affair, ongoing violence/intimidation, or an active addiction, we will discuss other supports that will be more helpful. If these issues are disclosed during our meeting, the session may be terminated. No refunds will be given.

Because couple intensives involve a significant commitment of time, money and emotional resources, I want to ensure this process is right for you before you make the investment.

1. Phone consultation (optional)

I offer a free, no-obligation phone consultation for all new clients. In this phone call with one or both partners, we will discuss the issues you want to address in therapy. I will describe how I might approach your issues. You also have the chance to ask me questions about my background or approach. If we all agree that an intensive would be appropriate, we will discuss your selection and schedule.

2. Select format and time

I offer a variety of intensive formats to suit your needs and budget: 2-day, full-day (6 hour) and half-day (3 hour) sessions. Full details, including current pricing, are available on my website.

I encourage all intensive clients to complete an on-line questionnaire. In this secure, confidential website, each partner independently answers multiple choice questions about themselves, the relationship, and their personal history.

Occasionally the results from the questionnaire indicate that intensive counselling is not appropriate. In this case, the session will be cancelled and your deposit refunded, less a \$150.00 charge for the questionnaire and clinical review.

Due to the significant investment for private retreats, the questionnaire is mandatory for all 2-day intensives. It is recommended, but optional, for half-day and full-day intensives.

Once you have selected your preferred format, please contact me via phone or email to discuss availability and scheduling.

3. Booking & Fees

When we have mutually agreed on a date for your intensive, I require a booking fee to reserve the time. The booking fee is 50% of the fee for your selected intensive. Fees may be paid through credit card or e-transfer.

For cancellations **more than 7 days in advance** of the session, the booking fee will be refunded, less a **\$150.00 processing fee**.

The booking fee is **non-refundable for any cancellations within 7 days of the session**. Your time has been reserved for you and I will not be able to fill the significant gap in my schedule. Please plan for contingencies (sick children, work demands, etc.) to ensure your attendance.

Please note that sessions will **not be cancelled due to weather conditions** unless the OPP have closed the roads via public bulletins (website, radio, etc.). In this case, your session will be rebooked at a mutually convenient time without penalty. If you decline to rebook the session, your deposit will be refunded less a \$150.00 processing fee. If the roads have not been officially closed to traffic, any cancellation within 7 days of the session means your booking fee is non-refundable. If you are uncomfortable driving in winter weather, please plan your visit in the warmer months.

4. On-line questionnaire

If you are completing the online questionnaire, a secure web link will be forwarded to your email address once your deposit has been received. I will review the results of this assessment prior to our session.

If as a result of this assessment, I believe that intensive couple counselling is not appropriate for your situation, I will discuss alternate resources with you. The session will be cancelled and your deposit will be refunded, **less a \$150.00 fee** for the questionnaire and clinical review.

5. Upon Arrival

The balance of the fee is due upon your arrival at the session. For your convenience I accept cash, credit cards or e-transfers for payment. You will receive a receipt for the full amount paid.

Please note: we will break for lunch for a minimum of 90 minutes for all sessions except half-days. This break is used by me to develop plans for our afternoon work. Lunch is on your own. I am happy to suggest some favourite local restaurants.

To make the most of our time together, plan to free yourself from the typical demands of work and family to devote your attention to each other. I encourage you to keep cell phones off during the session to help with this. You will have opportunities to check messages as needed throughout the day.

I hope this outline has explained the process for you. If you have any further questions, or you would like to get started, please contact me directly. I look forward to working with you.

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