



Anchoring Your Life Counselling
Rebuilding Connection Together

COUPLES INTENSIVE THERAPY



An intensive experience designed for couples who want to reconnect, rebuild trust and strengthen their relationship in a safe, supportive environment.



YOUR INTENSIVE JOURNEY

1



COUPLES SESSION

We explore your relationship story, concerns, strengths and goals together.

2



ONLINE QUESTIONNAIRE

You'll each complete questionnaires to help us understand your unique patterns, needs and relationship dynamics.

3



TWO INDIVIDUAL SESSIONS

Each partner has a safe, private space to reflect, be heard and share what matters most.

4



TWO FULL DAYS TARGETED TO YOUR GOALS

Deep, targeted therapy designed around your personal goals to create meaningful and lasting change.

5



TAILORED RESOURCES & PRACTICAL SKILLS

Take home customised resources and proven strategies to help you build stronger connection and communicate better.

6



FOLLOW-UP SUPPORT

Follow up options to help you stay on track and continue strengthening your relationship.



Because each Intensive is tailored specifically to one couple, preparation begins well before your first Intensive day. Your assessment, questionnaires and planning ensure your experience is personalised to your relationship, goals and circumstances.

FLEXIBLE OPTIONS TO SUIT YOUR NEEDS



Online Counselling

FROM ANYWHERE IN AUSTRALIA
Convenient, private and accessible from the comfort of your own home.

OR



In Person Counselling

AT A REDLANDS, BRISBANE VENUE
Convenient, local and welcoming venues in the Redlands or Brisbane area for your two full days together.