

NEXT LEVEL COUPLES COURSE

Comprehensive Assessment and Relationship Skills Course for Couples Considering Taking their Relationship to the Next Level

One of the best times to come for couples therapy is before embarking on a big commitment, for example prior to getting married, moving in together or deciding to have children. In our experience, many of the issues that later bring couples to therapy in crises could easily have been spotted and averted early on. Being aware of potential issues and being equipped with skills to navigate them is correlated with happier, more satisfying and fulfilling relationships.

Not only will couples benefit from a comprehensive assessment, they will also learn tools and strategies to help them cultivate the relationship they want.

Our Next Level Couples Course addresses themes such as:

- Finances
- Children and parenting styles
- Families of origin
- Religion
- Culture
- Intimacy
- Attachment styles
- Communication styles



Process:

- **Initial Session.** 1 x 90 minute, joint assessment session
- **Comprehensive Questionnaire.** Identifies strengths and challenges and provides direction for subsequent sessions
- **4 x 90-minute joint sessions** aimed at harnessing strengths, addressing challenges, cultivating shared hopes and dreams, developing relationship skills.
- **Optional Report.** This report serves as a reference for the future, highlighting areas that may be sensitive as you enter different stages of your relationship.

Psychologist:

Cheryl Warsama is a UK-trained Counselling Psychologist with decades of experience in working with couples. She is a Chartered member of the British Psychological Society, registered with the HCPC in the UK and licensed with the DHA in the UAE. In providing this Next Levels Couples Course, Cheryl draws on what she has come to identify as common pitfalls in relationships, allowing couples to spot such challenges early, helping people draw on their strengths to avoid and navigate challenges more smoothly.

Fee: 5 x 90-minute sessions, questionnaire and analyses (excluding report) 8,200 AED
5 x 90-minute sessions, questionnaire and analyses (including report) 9,500 AED

For registration or more info: hello@vivamus.me and 04 4403844


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