

RELATIONSHIP WELLNESS COURSE FOR COUPLES

Having worked with couples for decades, it is our view that committing to a comprehensive assessment and relationship skills package offers the right balance of exploration and skills within a finite number of sessions.

Our Relationship Wellness Course for Couples is likely to be helpful if:

- Your relationship is not in crisis
- Both members of the couple are committed to making positive change in the relationship
- The bases of trust and respect are present
- One or both of you can identify some areas where your relationship could be enhanced. For example, in the areas of communication, parenting styles, intimacy, pressures from extended family.



Process:

- **Initial Session.** 1 x 90 minute, joint assessment session
- **Individual Sessions.** You will each meet with your psychologist for one 50-minute session.
- **Comprehensive Questionnaire.** Identifies strengths and challenges and provides direction for subsequent sessions
- **Report.** This report serves as a summary of the strengths and challenges that have been identified together with the skills you have learned. This report serves as a reference for the future, highlighting areas that may be sensitive as you enter different stages of your relationship.
- **Final Session.** In this 90-minute session you will both meet jointly with your psychologist. This session focuses on bringing everything together, further developing relationship skills and direction for the future.

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.

Fee: 2 x 90-minute sessions, 2 x 50-minute sessions questionnaire, analyses and report 6,450 AED

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


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