



Marathon Intensive Couples Retreat: For Couples in Crisis

For couples in crisis who are looking for quick and long lasting results

Gottman Marathon Intensive Couples Therapy

- 18 hours of therapy held over 3 consecutive days.
- You will have time to talk in depth about the struggles and challenges of the relationship that simply cannot happen in the traditional style of couples therapy.
- There is time to process past injuries that have never healed, and time to understand how these injuries have impacted the relationship.
- There is time to learn and practice new communication skills to help you have more productive conversations.
- There's time to rebuild.

The therapist will provide an environment of safety for both partners. You will be treated with dignity and respect, without judgment. Couples who have experienced this form of therapy usually describe it as life-changing and transformative.

Practically speaking, Marathon Couples Therapy is a good fit for couples who want intensive therapy but don't live in the vicinity of a Gottman trained therapist, whose schedules do not allow for them to go to weekly therapy sessions and for couples who need to get help immediately.

It is important that you also understand the risks involved. Despite the "nuts and bolts" approach of this method, the Marathon Couples Therapy format may move you more quickly and intensely into the areas of difficulty to be addressed. You may experience uncomfortable feelings like sadness, guilt, anxiety, anger, loneliness, and helplessness. Therapy may also involve recalling unpleasant aspects of your history together and/or individually. This is done to heal injuries and strengthen the relationship.

Upon completion of the Marathon Sessions, you will complete seven optional additional 90-minute follow-up sessions spaced out every three to four weeks. This supports the relationship in continuing to utilize the skills learned in Marathon Therapy and helping the changes made, last.

The Process

Pre-Therapy Questionnaire Extensive questionnaire to be completed 7 days prior to therapy.

Marathon Day 1 Assessment Phase. Complete an in-depth Gottman assessment of your relationship that includes exploring your relationships history, your individual histories, and a scientific evaluation of your relationship based on the original [Gottman Love Lab](#) assessment using a platform called Gottman Connect. Our comprehensive relationship assessment will pinpoint the areas in which you can achieve the greatest growth so you can move forward to a place of strength, reconnection, and hope.

Marathon Day 1-3 Treatment Phase. The Certified Gottman Therapist will provide specific interventions to support your relationship in moving forward. The treatment phase starts on the second half of day 1 through day 3.

Optional Follow-Up Sessions Relapse Prevention. 7 x 90-minute follow-up sessions to help solidify the changes made, spaced out every 3-4 weeks.

Location: Online or at Vivamus, Building 49, Dubai Healthcare City

Facilitator: Jackie Greenwood, DHA Counsellor and Gottman Therapist.

Dates: Thursday - Saturday, 0930 - 1630. Last weekend of the month from April 2024

Fee: 16,500 AED



To schedule a free 20-minute call to establish suitability and fit with Jackie, contact hello@vivamus.me

