

Couples Accountability Therapy Program

12-Week Program to Stop Conflict Cycles & Rebuild Connection

Evidence-Based | Rooted in Gottman Principles & Emotion-Focused Techniques

Recurring arguments, emotional outbursts, harshness, shutting down and feeling unheard can make even the strongest partnerships feel stuck and lonely. This 12-week program helps couples break unhealthy cycles, manage emotional reactivity, and rebuild trust and connection in a structured, supportive environment.

Through a combination of individual and joint sessions, reflective exercises, and guided practice, couples get to learn to respond instead of react, understand the barriers to communication and begin to communicate effectively during conflict, and reconnect emotionally all while staying accountable to each other and the relationship. Because we will be there with you as your accountability buddy!

Ideal for:

- Couples stuck in recurring arguments
- Partners who struggle with emotional flooding or shutdowns
- Those who want to feel heard, understood, and emotionally connected
- Couples ready to take accountability and make lasting change

Program Includes:

- **Intake & Assessment (90 min):** Identify patterns keeping you stuck and clarify goals
- **Individual Sessions (2 x 60 min):** Explore triggers and build emotional regulation skills
- **Joint Couples Sessions (8 x 60–90 min):** Practice calm conflict navigation and deep connection
- **Closing Integration Session (75 min):** Solidify skills, celebrate progress, and plan ongoing growth
- **Gottman Relationship Checkup:** Personalized map of strengths and growth areas

Let us help you stop feeling unheard, break toxic cycles, and rebuild emotional connection to create a calmer, more resilient, and loving partnership.