NORTHEAST GEORGIA COUNSELING

Intensive Couples Therapy

Terms & Conditions

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Thank you for considering Intensive Couples Therapy. The information below outlines the terms, expectations, and conditions of this service to ensure clarity and mutual understanding before booking.

Preconditions for Intensive Couples Therapy

For intensive work to be both effective and safe, certain conditions must be in place.

No Domestic Violence

Intensives cannot proceed if there is ongoing domestic violence, coercive control, or any circumstance in which either partner feels unsafe. If safety concerns are present, appropriate support and referrals will be recommended before relational work begins.

No Active, Untreated Addiction

Any active addiction—including alcohol, substance use, or compulsive behaviors—must be stabilized before engaging in intensive couples work.

No Untreated Severe Mental Health Conditions

If either partner is experiencing significant untreated mental health concerns, such as psychosis, mania, or severe depression that substantially impacts functioning or relational capacity, these concerns must be addressed therapeutically before participating in an intensive.

If any of these conditions are present, I am happy to discuss appropriate next steps and provide referrals to ensure you receive the support needed before scheduling an intensive.

What to Expect from an Intensive

An intensive provides a focused, immersive environment to explore and transform patterns, challenges, and dynamics within your relationship.

Each day includes up to six hours of therapy and combines:

- Guided therapeutic conversations
- Experiential and interactional exercises
- Reflective pauses and processing time
- Psychoeducation and practical skill-building

Together, we explore themes such as communication, emotional safety, conflict patterns, reactivity cycles, unmet needs, attachment dynamics, and the influence of past experiences on the relationship.

Intensives are designed for couples seeking meaningful progress in a concentrated period of time. While every couple's experience is unique, many clients find that an intensive provides the equivalent of several months of traditional weekly couples therapy in just a few days.

Daily Structure and Breaks

Most intensives take place over two to three consecutive days, though the format can be customized based on your needs.

Sample Daily Schedule

9:00–9:30 AM
Begin the day with coffee and a brief settling-in period.

12:30–1:00 PM
Lunch break. Couples are encouraged to leave the therapy space and take time to reflect together.

2:00–2:30 PM
Resume afternoon session, including a mid-afternoon break as needed.

5:00–5:30 PM
Wrap-up and reflection for the day.

Evenings
Couples are encouraged to spend the evening resting, connecting, and reflecting on the day's work.

Therapeutic Approach

My therapeutic style is integrative, intuitive, and evidence-based, drawing from over 30 years of clinical experience working with couples and families.

I am a **Certified Gottman Therapist** and have also completed advanced training in **Relational Life Therapy (RLT)**. My work incorporates interventions from multiple therapeutic models, allowing me to tailor the intensive experience to the unique needs of each couple.

My professional background includes:

- Master's Degree in Social Work from the University of Georgia
- Case management work with the Babies Can't Wait program
- Fifteen years as a family therapist in an inpatient psychiatric setting
- More than thirty years in private practice serving individuals, couples, and families

My couples therapy training includes:

- Imago Relationship Therapy
- David Woodsfellow's Love Cycles/Fear Cycles model
- Gottman Method Couples Therapy
- Relational Life Therapy (RLT)

Helping couples reconnect, heal, and strengthen their relationships is one of the most meaningful parts of my work.

Fees

The fee for a two-day intensive is **$2,695**, which includes up to six hours of therapy per day.

This fee reflects the preparation, clinical expertise, individualized planning, and follow-up involved in intensive therapy.

A **$500 non-refundable deposit** is required to reserve your intensive dates.

Location

Intensives are held at:

Northeast Georgia Counseling, LLC
359 Peevy Street
Buford, GA 30518

Our office is conveniently located near beautiful Lake Lanier. For couples traveling from outside the Atlanta area, I am happy to provide recommendations for accommodations, dining, and local attractions.

Preparation

Prior to the intensive, each partner will complete a confidential intake form and questionnaire.

These forms are not shared between partners and are used solely to help tailor the intensive experience to your specific goals and relationship needs.

Booking and Confirmation

To inquire about scheduling an intensive, please complete the inquiry form on this website or contact me directly at:

lisa@northeastgacounseling.com

I also offer a complimentary 15-minute consultation to help determine whether an intensive is the right fit for your relationship.

Cancellation Policy

Because intensive appointments require significant preparation and scheduling, cancellations made within **14 days** of the scheduled intensive are subject to the full fee.

Rescheduling may be possible within that 14-day period, subject to availability and therapist discretion.

Confidentiality

All sessions are confidential and conducted in accordance with professional and ethical standards.

Exceptions to confidentiality include situations involving risk of harm to self or others, suspected abuse, or other legal reporting requirements.

While I do not disclose information shared by one partner to the other without consent, I also do not maintain ongoing secrets within couples therapy. Successful relational work requires honesty, transparency, and a willingness to address difficult topics together.

Therapeutic Outcomes

While I bring my full expertise, training, and commitment to every intensive, specific outcomes cannot be guaranteed.

Therapy may involve emotional discomfort as sensitive topics, longstanding patterns, and painful experiences are explored. My role is to support both partners with compassion, honesty, and clinical guidance throughout the process.

Follow-Up Support

A written summary of the intensive, including key themes and recommendations, will be provided within two weeks of completion.

While intensives are designed to function as stand-alone interventions, additional support is available.

Follow-up sessions may be scheduled either in person or virtually at a rate of **$265 per 90-minute session**.