



## 12-Week Gottman-Based Couples Therapy Program

A structured, research-informed approach to strengthening connection, improving communication, and navigating conflict with greater understanding and care.

### Program Overview

This program begins with a comprehensive assessment process to fully understand your relationship's strengths, challenges, and patterns, followed by targeted skill-building sessions grounded in Gottman-based research.

### Assessment Includes

- 2-hour intake session with both partners
- Online Gottman relationship assessment (completed individually)
- Oral History session exploring your relationship story
- Two individual partner sessions

### Skill-Building Focus

- Improve communication and emotional understanding
- Reduce recurring conflict and negative patterns
- Strengthen friendship, trust, and appreciation
- Manage stress and emotional reactivity
- Build shared meaning and long-term connection

### Cost & Insurance

There is no prepayment or full commitment required for this program; sessions are billed on a pay-as-you-go basis. Intake sessions will be eligible for insurance billing. Program fees are based on standard session rates across the 12-week structure. Depending on the results of the intake assessment, some or all sessions may be eligible for insurance coverage. Insurance eligibility is reviewed after the initial intake.

### Maintenance & Check-In Sessions

Following completion of the 12-week program, some couples choose to schedule periodic maintenance or check-in sessions to reinforce skills and address new challenges. These sessions may be scheduled on an as-needed, monthly, or quarterly basis.

**To arrange for an intake appointment, please go to our website:**

[www.bhtherapygroup.com](http://www.bhtherapygroup.com)