

Thank you for your interest in couple's therapy with Jacqueline Ross

I use a Gottman informed approach to couples therapy – for further information about this approach see [www.gottman.com](http://www.gottman.com)

To be successful couples therapy requires the completion of 3 distinct phases.

### **The first phase: Assessment**

This phase includes:

1. An initial couple consultation where we work to understand what has brought you to couples therapy now and also obtain a relationship history to help us understand how your relationship has developed over time;
2. The completion of an online Relationship Check-up questionnaire – there is a fee of \$55 AUD payable prior to sending you the links to complete this assessment. Further information about what to expect and why it is an important part of the process can be found at <https://gottmanconnect.com/checkup/couples>
3. An individual consultation each to assist us to get to know each of you and understand your values, beliefs, needs and concerns.
4. A feedback consultation to allow all 3 of us to obtain a clear picture of the relationship dynamics and to establish some shared goals for assisting you to move forward.

Ideally the assessment phase should be completed in short time frame of consecutive weeks, this is however not always possible due to appointment availability. Generally, after the first session Jacqueline will send you the link to the assessment and will then schedule the individual sessions, which can be conducted consecutively, it is essential that the check-up has been completed **prior** to the individual session.

### **The second phase: Therapeutic stage**

The length of time needed for the therapeutic stage varies between couples and the issues that bring you to therapy, generally it takes between 10 and 20 hours of work processing the issues, needs and wants in your relationship and establishing new ways of being together.

Therapy frequency also varies but is at a minimum of fortnightly, a single session is 50min in duration which can at times be limiting for couples therapy particularly initially therefore Jacqueline may recommend a double session, if scheduling permits. It is highly recommended that you book several sessions in advance so that this therapy time can form a regular part of your week /fortnight.

### **The third phase: is the follow-up and relapse prevention stage**

Approximately 1 to 7 hours over the following 6 to 12 months to ensure you are able to comfortably, consistently and successfully manage your new healthy, happy and satisfying relationship together.

Frequency is generally monthly appointments for a few months to ensure you stay on track and then perhaps move to quarterly follow ups and maybe to bi-annual check-ins to ensure relapse prevention has been achieved.

Gottman Marital Therapy is the gold standard when it comes to successful couple recovery. It is a process oriented, phenomenological, cognitive, emotionally based approach to assisting couples gain better understanding of each other and to develop a range of new skills and behaviours that foster closer, more intimate relationships where conflict is managed in a functional manner.