

Beyond The Surface. A Unique Relationship Program

Fees and Payment Options:

16 sessions across 3 months, including a mix of couples and individual sessions
€3,960

Payment can be made in Euros, GBP or USD

Payment can be made in one, two or three instalments

1. What makes this programme different from regular couples therapy?

We all bring stuff from the past into our relationships. What you experienced, often in childhood, shapes how you think, feel, and react with each other today. Very often, those tendencies create a dynamic, a repeating pattern where each person's behaviour reinforces the other's.

Regular couples therapy often helps you recognise these unhelpful patterns playing out between you, but recognising them isn't always enough to stop them. Beyond The Surface combines couple sessions with individual sessions, so alongside working on your relationship together, each of you also has the one-to-one space to work on clearing the childhood-rooted beliefs and reactions you're personally bringing into the relationship.

2. What happens in the couple sessions?

Together you'll build stronger communication skills so you can express your true feelings and actually feel heard by each other. You'll be able to raise unresolved hurts in a way that feels safe rather than turning into arguments, and you'll work out how to manage outside pressures together, things like extended family, money, or

work stress. It's also where you'll start identifying the patterns keeping you stuck, which we can then focus on in your individual sessions.

3. What happens in the Individual sessions?

We will use specific therapy techniques such as EFT tapping and Matrix Reimprinting; powerful techniques to help clear old unwanted beliefs and patterns from the subconscious.

4. What if I've already had individual therapy before?

Even if one or both of you has had individual sessions before, being able to do so during your couple's work as part of that whole process is powerful and effective. It means changes can happen in your relationship fast.

5. How long is the programme, and how many sessions are involved?

It's a three-month journey with 16 sessions total.

Your Couples sessions are 90 minutes, longer than the standard hour. But in my experience, those longer sessions are better for you as a couple because it gives you both the space and the time that you need in the couple session.

Your Individual sessions are 60 minutes, again, a little longer than the standard 50 minutes. But in my experience, it gives you enough time without being too much.

6. How is it structured? Is there a fixed number and order for the Couples and Individual Sessions?

No, because every couple is different, the mix of couple and individual sessions is tailored to your specific needs. We can generally assess this within the first few sessions and come up with a plan.

7. Is there homework and practical tools?

Yes So we'll start by setting some goals for what you want for your relationship going forward. And as we progress through your sessions, I'll give you some easy homework to help you practise what we've covered in the sessions and help you with skills such as listening and communicating well and managing your emotions.

8. How do we know if this program is right for us?

This programme isn't for everyone. It's a unique and special journey for couples who want to not only resolve current issues, but to also go deep into personal development to truly grow and to evolve both individually and as a couple. This is an investment in your time, your money, and you're making a commitment to yourselves and your relationship. And in my many years helping couples, I've found that having this blend of sessions really does honour that investment.

9. What happens after we watch this video?

Fill out the form [on the webpage here](#) to book your free consultation. In the consultation, we'll have a chat, you can tell me about your relationship and what you want for your relationship going forward and we can take it from there. I look forward to meeting you both.