



Frequently Asked Questions

Couples Therapy

How long does it take?

Our couples therapy requires a minimum of 8 weeks for meaningful progress. After this time, the duration depends on each individual couple, their effort and the goals they agree to for themselves. We will set specific goals and work diligently towards those goals.

How can couples therapy help us?

Commitment to this work will improve communication, connection, intimacy and conflict management among other things.

Is couples therapy covered by insurance?

While I do not take insurance, your insurance company may cover out of network providers. I suggest reaching out to your provider before getting started to know what percentage they will cover. Regardless, you will be charged for sessions same day of service.

How often will we need to attend therapy sessions?

We require weekly sessions for the first two months. After that time, it is up to the discretion of the couple to decide whether they'd like to switch to bi-weekly. Monthly sessions are suitable for couples looking to maintain the health of their relationship as check-ins.

What can we expect from a typical session?

The therapist will deliver some appropriate psychoeducation, introduce some tools and give you time to use these tools in real-time.



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Will you meet with us if one partner is also dealing with active substance abuse?

Any co-occurring mental health diagnoses need to be addressed prior to starting couples therapy. We will work with you as long as this partner is working to healing.

What if my partner is hesitant to participate?

This is normal but it is important that both partners are on the same page. It might be helpful to take advantage of our 15-minute free consultation to give the hesitant partner a chance to ask any outstanding questions. We would love to connect!

Will you work with an individual and that individual's relationship?

Not simultaneously, but if a couple wants to terminate couples therapy, we will work with an individual afterwards.

How do we know if our problems are serious enough for therapy?

There is no rule here. If either partner feels even slightly unfulfilled, then therapy can help you level up for improvement.

Can couples therapy help if we are considering divorce?

As long as both partners are committed to the process.



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What if we can't afford couple's therapy right now?

Think of this as an investment in your happiness. Your relationship with your partner serves as your support system, your source for connection and lots of times your safe place in the world. In a healthy relationship, you will show up in the world better for your family, friends, kids and yourself. I think you're worth it.

How will we know if you are a good fit?

My style is open, friendly and direct. We offer a 15-minute free consultation where you can decide if we're a good fit. I'd love to talk to you.