

WHAT CAN I EXPECT AT A COUPLE'S INTENSIVE WEEKEND?



A **Couples Intensive** is a private, focused weekend designed just for you and your partner. It's the equivalent of about four months of therapy condensed into one weekend, allowing us to work deeply without the interruptions of weekly sessions. This format helps couples make meaningful progress more quickly, in a setting that feels both safe and supportive.

Some key benefits include:

- Steady, uninterrupted time to focus on your relationship without outside distractions.
- Faster progress toward your goals
- Save time and money without ongoing scheduling or travel
- A peaceful, private environment that supports both connection and healing
- Leave with a detailed personalized step by step action plan

My approach

Each intensive is customized to meet your unique needs. I integrate several evidence-based couples therapy models:

- **PACT** (Psychobiological Approach to Couple Therapy), which focuses on the nervous system, attachment, and how partners can regulate and support each other, incorporates hands on exercises, not just talk therapy.
- **Internal Family Systems (IFS)**, using the **Intimacy from the Inside Out (IFIO)** method, which gently explores and honors the different “parts” of each person. Critical to know your own parts as well as your partners parts to ensure you stay out of a conflict loop.
- Selected tools from the **Gottman Method** and the **Developmental Model** for practical communication and connection skills.

There are no power points, you will learn new speaking & listening skills with time to practice implementing your new tools over the weekend. All of my work is grounded in the latest findings in neuroscience, attachment theory, and developmental science, including Steven Porges' Polyvagal Theory. I pay careful attention to pacing, emotional safety, and grounding techniques throughout the weekend.

Before the intensive

We begin with a two-hour intake session together (**\$500**). This gives me a clear picture of your relationship history, strengths, and challenges. Individual time can also be included during the intake when requested.

Before this session, each of you will complete a series of assessments. I use these—along with our intake conversation—to design a weekend that fits you both, grounded in research and tailored to your goals.

Structure of the weekend (\$5,000) – Saturday times can be adjusted for comfort and pacing:

- **Friday:** 4:00 – 7:00 PM
- **Saturday:** 9:00 AM – 12:00 PM & 1:30 – 4:30 PM (with a 1.5-hour lunch break)
- **Sunday:** 9:00 AM – 12:00 PM

After the weekend

You'll receive clear and practical, easy to follow steps to maintain momentum that supports lasting change and deepening connection long after the weekend.

Logistics

- Accommodations are not included in your investment (fee), but I can arrange a 10–20% discount at Loews Coronado Bay Resort, where the intensive is typically held.
- Guests also receive a 20% discount at the onsite restaurants and spa services.
- Some couples invite family to enjoy the resort amenities before or after the weekend, such as the pools & the jacuzzi.

You can learn more about my background and training here: www.marucheautherapy.com.

If you have any questions, please do not hesitate to contact me at 619.446.7660 or marucheau@gmail.com

Thank you for considering me to facilitate your couples intensive weekend during this important time in your relationship. It would be my honor to create a safe, respectful, and meaningful space for you both.