



# ENERGETIC AWAKENINGS

Live Life Fully

## Couples Transformational Process Overview

At Energetic Awakenings we utilize tools from multiples training modalities focused on helping couples. The three main methods include: Exceptional Relationships (based in Core Energetics), The Gottman Method, and Imago Relationship Method.

### Steps In Process

1. Phone / zoom call to meet the couple, understand their needs, explain our approach
2. Schedule first session- all couples sessions are 90 minutes. The cost for one mentor (David) \$210\* per session. The cost for two mentors (David & Bentley) is \$260\* per session.
3. We send you [forms](#) to complete prior to the first session.
  - a. The Pre-Intake form must be completed prior to the first session. Ideally, we receive this form no later than 3 days prior to first appointment.
  - b. Registration and policy forms must be received prior to the start of the first session.
  - c. We send you a link to complete the Gottman Relationship Checkup. You pay \$39\* for the couple to complete this comprehensive online assessment.
4. Conduct the first session
  - a. Clients are asked to wear comfortable clothes that could be worn in a gym or yoga class.
  - b. At the end of the session, we determine if everyone is on board to move forward if yes, we follow the steps starting in 5.
5. During the process, couples are often asked to subscribe to the Gottman relationship builder. Homework is often assigned from the relationship builder. The subscription costs the couple \$149\* for ongoing access.
6. Conduct an additional session with the couple.
7. Conduct an individual session with each partner to understand their relationship, family, and trauma history.
8. Come back together with both partners for most sessions going forward.



**Questions? Contact Us!**

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