

Eclectic

CLINICAL INTENSIVES



IMMERSIVE • CULTURALLY ROOTED • INTENTIONAL

Prepare&enrich Couples Intensive

What This Is (and Isn't)

A structured, therapist-led couples intensive using the PREPARE/ENRICH assessment to identify strengths, growth areas, and relational patterns, quickly and intentionally.

What This Isn't

- Ongoing weekly couples therapy
- Crisis management or last-ditch repair
- A surface-level communication workshop

Who This Is For

This intensive is for couples who:

- **Want clarity about their relationship direction**
- **Are premarital, newly married, or at a crossroads**
- **Feel stuck in the same arguments and want data, not guesses**
- **Value structure, honesty, and emotional maturity**



This intensive is for all couples, regardless of sexual orientation, gender identity, or relationship structure.

You do not need to be married to participate. PREPARE/ENRICH is designed for couples at many stages, including:

- **Dating and seriously committed couples**
- **Engaged partners**
- **Married couples**
- **LGBTQ+ couples**
- **Couples seeking clarity, growth, or reconnection, not just crisis repair**

If you're in a relationship and ready to be intentional about how you love, communicate, and build together, this intensive is for you.

Who This Is NOT For

This PREPARE/ENRICH intensive is not indicated in situations involving active domestic violence, significant safety concerns, or when participation is not voluntary for both partners. It is not intended to replace ongoing couples therapy, crisis intervention, or emergency mental health services. Appropriateness is determined through a pre-intensive screening process to ensure safety, readiness, and therapeutic fit.

It is not designed for crisis stabilization or relationships with active safety concerns:

- **Active affairs**
- **Ongoing intimate partner violence**
- **Untreated substance use concerns**

Intentional work requires readiness, consent, and emotional safety.

Why an Intensive (Instead of Weekly Therapy)

An intensive allows us to:

- **Condense months of work into days**
- **Reduce avoidance and “we’ll talk about it later” energy**
- **Stay immersed long enough to create real insight and shift**

This format allows space for:

- **Sustained focus without interruption**
- **Reduced avoidance and distraction**
- **Depth without fragmentation**

**Long Story Less Long: Weekly therapy unfolds over time.
An intensive creates immersion.**

The Role of PREPARE/ENRICH

PREPARE/ENRICH is a research-based assessment used internationally to support couples at every stage.

It provides:

- Clear insight into relational dynamics
- A shared language for difficult conversations
- Structure that reduces defensiveness
- This allows the work to remain grounded, informed, and precise.

It helps us:

- Identify relationship strengths and stress points
- Understand personality dynamics and conflict styles
- Explore beliefs about roles, intimacy, money, and expectations
- Move conversations from emotional guesswork to informed dialogue

While each intensive is tailored, most include:

- PREPARE/ENRICH assessment completion (pre-intensive)
- Guided exploration of results
- Structured conversations around key themes
- Skill-building and relational tools
- Clear takeaways and next steps

This allows the work to remain grounded, informed, and precise.

The Eclectic Clinical Lens

This is not a coaching session or a facilitation-only experience.

Your intensive is led by a Licensed Clinical Social Worker trained in: Attachment-informed care, trauma-aware relational work, and Emotionally Focused Therapy.

That means: Emotional containment when things get hard, clinical insight, not just prompts, and structure without rigidity

The space is held with intention, professionalism, and care.

What the Experience Looks Like

Inquiry → Consultation Call



Screening & Suitability Review



PREPARE/ENRICH Assessment Completed



Individual & Relationship Goal Forms



Intensive Session(s)

Assessment feedback

Emotional/attachment patterns

Communication & conflict cycles

Targeted interventions



Relationship Roadmap & Agreements



Optional Follow-Ups / Referrals

Typical Structure

It's a structured weekend—customized for you.

Weekend Intensive Format

- **2 or 3 Day Immersive Weekend Experience.**
- **All intensives are held over the weekend and designed as a focused, immersive therapeutic experience.**
- **What's structured:**
- **Defined clinical goals and outcomes**
- **Evidence-based, intentional interventions**
- **Thoughtful pacing with built-in integration time**

What's customized for you:

- **The structure of the weekend experience**
- **2 or 3 day format**
- **Specific days within the weekend**
- **The sessions can be 4 hrs x 3 days or 6 hrs x 2 days**
- **Daily start and end times**
- **Session length and scheduled breaks**



Frequently Asked Questions

Is this therapy?

It's therapeutic, but it is not a replacement for ongoing couples therapy.

Is this emotionally intense?

Yes, by design. You will be supported the entire time.

Will this fix our relationship?

No. It will give you clarity, tools, and direction. What you do with that matters.

How is this different from couples therapy?

Traditional couples therapy is often ongoing and exploratory. This intensive is goal-driven, data-informed, and time-limited.

You'll receive:

A comprehensive relationship assessment

Personalized feedback on strengths and growth areas

Targeted therapeutic interventions

Practical tools you can continue using after the intensive

This is depth with direction—not just conversation.

Frequently Asked Questions

Is this just for married or “traditional” couples?

NO! This work is affirming of LGBTQ+ couples and culturally responsive to couples of color. Cultural context isn't an afterthought here; it's part of the conversation.

What topics are typically covered?

Based on your assessment results, we may explore:

- **Communication and conflict patterns**
- **Emotional safety and trust**
- **Intimacy and connection**
- **Roles, expectations, and finances**
- **Family-of-origin influences**
- **Relationship strengths to build on**

No guesswork. The assessment guides the work.

Is this therapy or coaching?

This is therapy. Sessions are facilitated by a licensed clinical social worker trained in PREPARE/ENRICH and an emotionally focused approach, not coaching, not surface-level facilitation. You'll receive clinical insight paired with practical guidance.

Investment

\$3,150 total investment

This fee includes:

- **Comprehensive PREPARE/ENRICH assessment**
- **Personalized feedback report**
- **Prepare Enrich couples workbook & curated Couples worksheets**
- **12 hours of structured intensive sessions over 2 or 3 days**
- **Evidence-based relationship tools & exercises**
- **Guided conversations facilitated by a licensed therapist**
- **Digital resources and post-intensive recommendations**
- **1-hour consultation**
- **1 hour post-intensive follow-up.**

Payment Plans:

- **Flexible payment plans are available and will be discussed during the consultation.**
- **The remaining balance must be paid in full before the intensive**
- **Missed or late payments may result in rescheduling**
- **All major cards accepted.**

****Important to Know***

- ***Intensives are not billable to insurance***

Deposit Requirement

A non-refundable deposit of \$ 800 is required to reserve your intensive date.

Your date is not secured until the deposit is received.

(Calendar = locked. Period.)

Scheduling an Intensive



eclectic-intensives.com



336-987-6544



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This consult helps determine:

- **Readiness**
- **Fit**
- **Timing**



PREPARE/ENRICH® Intensives
Relational clarity. Intentional connection.