



ATALA
COUNSELING

**Contact us today to
schedule your
couples intensive!**

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COUPLES INTENSIVES



THE INTENSIVES GUIDE



THE BENEFITS

Couples typically wait **6 years** before addressing challenges.

By implementing the skills in this intensive, **86%** of couples have seen improvement in their relationships.*

People in happy, healthy relationships live **6-8 years longer** than others!

The Couples Intensive focuses on skills to:

- Enhance harmony with each other
- Notice daily acts of love and kindness
- Have fun with each other
- Approach conversations as a team
- Tune into each others' needs and wants

Meet

Katherine Pilarte Emerick, LMFT

Katherine is a Licensed Marriage and Family Therapist.

She is a **Level 2** Trained Gottman Therapist, which uses **40 years** of research-based skills to **promote success** with couples.

Katherine has over 4 years of experience in supporting couples strengthen their **love and connection.**



THE INTENSIVE

THE PACKAGE

This one-day intensive uses skills researched by the Gottman Marriage Institute to foster connection, improve communication, and strengthen relationships.

This intensive is held in person at our Lakeland office.

The cost includes:

Gottman Relationship Assessment

(\$50 value)

7 Principles of Marriage Kit

(\$100 value)

One-on-one support

from relationship expert, Katherine (\$1,500 value)

THE COST

The 6-hour intensive is: \$1,075

The 7-hour intensive is: \$1,225

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*Based on research by the Gottman Marriage Institute