



# Emily Altman, MA

*I Help Power Couples  
Reconnect In Their Relationship By  
Leveraging Their Strengths.*

Started in February of 2019, Emily is the founder and CEO of The Couples Workshop. At The Workshop, she provides short-term, solutions-focused couples therapy when couples are already starved for time. Instead of resolving every little problem they are experiencing, we work to create a way to have better disagreements and manage this conflict.





Education. Graduated from the University of Northern Colorado in 2016 with a Master of Arts degree in Clinical Mental Health Counseling and has received levels I and II certification from The Gottman Institute.

## EMILY'S MOST POPULAR MEDIA TOPICS

- ✓ Navigating different political views with your partner.
- ✓ Guilt around spending money on yourself during a pandemic.
- ✓ Fights will always happen – learning how to manage conflict.
- ✓ The “weekend marriage” – reconnecting on limited time.


## CAMERA PRESENCE

Creating weekly videos has helped Emily become natural, positive, and energetic in front of a camera. To see this presence in action, check out her growing channel (link in icon).

-  @The Couples Workshop
-  @TheCouplesWorkshop
-  @ToolsForUs
-  @ToolsForUs1

## CONTACT

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