



Aligned Souls
Psychotherapy

COUPLES THERAPY INTENSIVE (10 SESSIONS)

Reconnection. Repair. Secure Attachment.

A structured program designed to help couples move from conflict and disconnection into understanding, safety, and emotional intimacy.



INTEGRATING: GOTTMAN METHOD • EMOTIONALLY FOCUSED THERAPY (EFT) • IMAGO THERAPY

YOUR JOURNEY TOGETHER

- 1 Assessment & Relationship Mapping
- 2 Breaking the Conflict Cycle
- 3 Communication Reset
- 4 Emotional Awareness
- 5 Deep Listening Skills
- 6 Conflict Repair
- 7 Attachment & Safety
- 8 Pattern Rewiring
- 9 Intimacy & Shared Vision
- 10 Integration



RESULTS

- Improved communication
- Reduced conflict
- Deeper emotional connection
- Increased trust & intimacy
- Stronger, secure relationship foundation



INVESTMENT

\$2,499 CAD

(Insurance receipts available)



BOOK YOUR CONSULTATION

† www.AlignedSouls.ca

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