

# Your relationship...better



NORTHWEST  
**EFT**  
INSTITUTE

Pre-Marital Intensives  
Couples/Marriage Intensives

Michelle J. Cox, Ph.D., LPC, NCC, ACS

Stephanie Meagher, MA MFT



## Why intensive sessions?

We offer these intensive sessions to accommodate couples who want a condensed and accelerated therapy program. Intensives work great for couples who have complicated schedules and cannot commit to a regular couples counseling schedule. Many couples who participate in intensive sessions do so for the following reasons:

- ❧ To do preventative maintenance on their relationship
- ❧ To help them decide whether or not to marry
- ❧ To get their marriage off to a solid start
- ❧ To work together through a transition
- ❧ To consider starting a family
- ❧ To work through making a major life decision
- ❧ To feel like a team and build resiliency
- ❧ To feel more connected
- ❧ To get through an impasse in the relationship
- ❧ To process a relationship injury with support

### Goals of Emotionally Focused Therapy

- ❧ To expand and re-organize key emotional responses – the music of the attachment dance.
- ❧ To create a shift in partners' interactional positions and initiate new cycles of interaction.
- ❧ To foster the creation of a secure bond between partners.

Pre-Marital Intensives:  
A Three-Day Experience

Cost: \$3,000.  
Required Deposit: \$500  
Day One: 9am-4pm  
Day Two: 9:30-4:30pm  
Day Three: 9-5pm

Includes: Couple Assessment & Testing, Individual Attachment History Interview, two copies of *Hold Me Tight*, Articles, and Couple's Intensive.

Follow-up: Two 30-minute phone sessions or one 90-minute in-person session

To schedule your 2 or 3 day intensive

Call:  
888-254-7074

Email:  
stephanie@stephaniemeagher.com



Couples/Marriage Intensive Options:

I. The Three-Day Experience:

Cost: \$2,500  
Required Deposit: \$500  
Day One: 9-3pm      Day Two: 9-3pm      Day Three: 9-12pm

Includes: Couple Assessment & Testing, Individual Attachment History Interview, two copies of *Hold Me Tight*, Articles, and Couple's Intensive.

Follow-up: Two 30-minute phone sessions or one 90-minute in-person session.

II: The Two-Day Experience:

Cost: \$2,000  
Required Deposit: \$500  
Day One: 9-3pm      Day Two: 9-3pm

Includes: Couple Assessment & Testing, Individual Attachment History Interview, two copies of *Hold Me Tight*, Articles, and Couple's Intensive.

Follow-up: Two 30-minute phone sessions or one 90-minute in-person session.



## MEET THE CO-THERAPISTS

### **Michelle J. Cox, Ph.D., LPC, NCC, ACS**

Michelle is an Assistant Professor of Counseling at George Fox University and a Counselor in private practice in Salem, OR. In addition Michelle is an Approved Clinical Supervisor and supervises Professional Counselors and Marriage and Family Therapists towards licensure in Oregon. She also provides continuing education, including 30-Hour Supervision Training, to professional clinicians. Michelle has completed EFCT Externship Training and is working toward EFT certification as a Trainer and Supervisor. Michelle is the co-founder of the NW EFT Institute. She lives with her husband of 23 years, Paul. They have three children and lots of pets.



### **Stephanie Meagher, MA MFT**

Stephanie is an Adjunct Instructor at George Fox University and a Marriage and Family Therapist in private practice. She has held board positions with the Oregon Association for Marriage and Family Therapy and the Oregon Association for Play Therapy. In addition, Stephanie also teaches professional counselors and therapists pursuing continuing education in Oregon. She has completed EFCT Externship Training and is pursuing certification as an EFT Trainer. Stephanie is the co-founder of the NW EFT Institute in Salem, OR. She lives with her husband of 17 years and their two children.

## NW EFT Institute

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