



The Essential Relationship Package

ER Package (AKA Premarital Therapy and Commitment Coaching)

There is a great misunderstanding that relationship counseling is only for couples that have problems. Via Oto's Essential Relationship Package is designed to set up a strong foundation for your relationship so that when problems do come up; you already know what to do. Most premarital or committed couples I work with say that they are so happy with their partner and want to nurture that feeling and to remember why you said "I do." ER package is a delightful way to strengthen your bond and commitment with each other.

*ER package was adapted from materials created by Fiona O'Farrell, MA, LMFT, CST who has researched various other forms of premarital therapy (Prepare/Enrich, FOCCUS, RELATE, Gottman Method, etc.)

What we do in session:

- Take the time to get to know you and your partner to customize a course specific to your relationship needs.
- Identify your strengths as a couple and figure out what makes your relationship unique.
- Build a set of skills to tackle the most common problems that all couples face.
- Discuss current concerns in a safe and supportive environment.
- Have fun exploring the possibilities of being a committed couple.

Is this the package for you?

- Are you an emerging couple trying to find your footing as a pair?
- Are you recently engaged or planning a wedding?
- Are you thinking about marriage or a long-term commitment?
- Did you recently get married and looking for skills to navigate this new chapter in your relationship?
- Have you considered premarital therapy but want something more than just guidelines and checklists?

What if marriage or monogamy is not for us?

- This package can be useful to any couple or relationship that is looking to learn the tools for a successful long-term relationship.
- It is not a requirement to be engaged or preparing for a legal marriage.
- As a sex positive therapist, I welcome all forms of gender expression, sexual orientation, and relationship styles as long as it is consensual and agreed upon by all parties involved.

A sample package session (you can pick the weekly themes based on your interest)

WEEK 1: Intake Assessment: Understanding the Couple's Story (80-Minute Session)

WEEK 2: Communication and Conflict (80-Minute Session)

WEEK 3: Sex and Intimacy (80-Minute Session)

WEEK 4: Finances and Security (50-Minute Session)

WEEK 5: Parenting and Transitions (50-Minute Session)

WEEK 6: Termination and Feedback (50-Minute Session)

How much does it cost?

- \$600 covers up to six sessions including an initial intake session. *Must be completed within 90 days (3 months from intake session)

How to get started:

Contact Via Oto by email, kaori@viaoto.com or call (206) 369-2212 for a free consultation.