

REVIVE

Couples Intensive Therapy



re-vive *verb* \ri-'vīv\ : to return to consciousness or life :
to restore from a depressed, inactive, or unused state : bring back :
to renew in the mind or memory

REVIVE is an intensive therapy format for those in a strained marriage or family relationships who need immediate relief from:

- High Conflict
- Personality Clashes
- Stalemated Parenting
- Distrust
- Communication Impasses

REVIVE is also designed for those couples that are not able to attend therapy on a weekly basis, do not want to wait for results that come more gradually from 1-hour appointments, or simply prefer this format.

Lenore Doster, M.A., PsyD.

Dr. Doster is the Clinical Coordinator of The Summit Counseling Center and author of **Rock Solid Parenting: Secrets of an Effective Parent**. In addition to facilitating REVIVE, her practice includes spiritual integration into the recovery process and her specialties include: life transitions across the life span, parenting, teen therapy, family therapy, young adult development, stress management, and anger management.

REVIVE 3-Week Format

- **Session One (Week 1)**
1-hour intake to be followed by an assessment (*online and/or take-home instruments to be completed prior to Session 2*)
- **Session Two (Week 2)**
3-hour session focusing on assessment feedback and beginning therapy
- **Session Three (Week 3)**
3-hour session of intensive therapy
- **Maintenance/Follow-up**
Maintenance/Follow-up will be determined based on the individual needs of the couple.

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