

RELATIONSHIP INTENSIVES

A unique therapy experience for all couples



WHAT

A relationship therapy intensive with Hella Good Therapy is an opportunity for partnerships to spend an entire weekend focused solely on strengthening their relationships. Partnerships will work with an emotionally focused (EFT) trained therapist, exploring the ins and outs of your relationship dynamics, creating devoted space to better understand yourself and your partner(s). Relationship intensives are for folks looking to spend the weekend digging way deep into their negative cycles of communication, unspoken attachment needs, and raw spots. Even more so, partners will learn skills that allow for stronger communication and emotional connection. If you're looking for a unique approach to relationship therapy that allows ya'll to jam pack several months of partnership therapy into a weekend, an intensive may be the perfect fit.

WHY

We offer relationship intensives that are tailored to your specific relational needs. Our intensive therapist, Ginelle Guckenburg, works through an LGBTQ+, neurodivergent, and poly affirming lens. Hella Good Therapy is committed to offering an inclusive, affirming, and collaborative space. Given our commitment to these marginalized communities and Ginelle's experience with these populations, intensives can be tailored to the following:

- Considering opening up your relationship
- Navigating Ethical Non-Monogamy or Polyamory
- Navigating neurodiversity
- Navigating gender identity shifts and transitioning
- Pre-marital
- Transition to parenthood
- Repair from broken trust or betrayal
- Deeper understanding of attachment styles and needs

WHERE

In-Person

In-person intensives are held in downtown Little Italy San Diego, walking distance from the San Diego Bay and excellent local food and drink. Enjoy beautiful views and create lasting memories while working on your relationship.

Online

For those unable to travel to San Diego, weekend intensives can also be held virtually via zoom.

INVESTMENT

2 Day

- Individual and couple assessments
- 6 hours of intensive therapy
- take home tools and homework
- one 50 minute follow up sessions
- \$3000

3 Day

- Individual and couple assessments
- 12 hours of intensive therapy
- take home tools and homework
- two 50 minute follow up sessions
- \$4000



MEET YOUR
THERAPIST

**GINELLE GUCKENBURG,
AMFT 125133**

Ginelle is trained in Emotionally Focused Couples Therapy and specializes in working with queer couples navigating non-monogamy, mixed neurodiversity, gender transitions, and attachment trauma. She is supervised by Teddie Jackson, LMFT 127381