

INTENSIVE RETREAT OVERVIEW



THIS WORKSHOP OFFERS A FLEXIBLE, CUSTOMIZED EXPERIENCE. WHETHER YOU'RE INTERESTED IN A FULL MULTI-DAY RETREAT, A 6-HOUR INTENSIVE, OR SPREADING SESSIONS OVER SEVEN WEEKS, YOU CAN SELECT THE APPROACH THAT RESONATES THE MOST WITH YOUR RELATIONSHIP GOALS.

**CREATE
YOUR IDEAL
WORKSHOP
EXPERIENCE!**



ONLINE OR IN-PERSON?

ONLINE:

OTHER COUPLES USE THE CHANCE TO MAKE IT A WEEKEND GETAWAY BY BOOKING A HOTEL AND JOINING IN VIRTUALLY

IN-PERSON:

RETREAT TO AUSTIN, TX

HYBRID:

STAY IN A HOTEL AND JOIN IN VIRTUALLY

WORKSHOP GOALS

DEEPEN EMOTIONAL SAFELY:

FOSTER A SECURE ENVIRONMENT FOR VULNERABILITY, AUTHENTICITY, & OPEN COMMUNICATION

ENHANCE SEXUAL INTIMACY:

EXPLORE & TRANSFORM SEXUAL NARRATIVES, UNDERSTAND DESIRE, AND INCREASE EROTIC MOBILITY

STRENGTHEN RELATIONSHIPS:

PROVIDE PRACTICAL TOOLS AND STRATEGIES TO SUSTAIN GROWTH & INTIMACY BEYOND THE WORKSHOP

MADDIE HUNDLEY, LMFT

IMPLEMENTING CONCEPTS FROM "DIFFERENT ME, DIFFERENT US: THE READABLE PART OF COUPLES THERAPY"

BY MADDIE HUNDLEY, LMFT

DESIGN YOUR COUPLES INTENSIVE RETREAT

FULL-DAY RETREAT

SUGGESTED STRUCTURE: SELECT ALL SESSIONS ACROSS 2-3 DAYS FOR A COMPREHENSIVE AND IMMERSIVE EXPERIENCE. ONLINE OR IN-PERSON AVAILABLE. ACCOMADATION INCLUDED



EMOTIONAL SAFETY FOCUS:

- UNDERSTANDING THE SELF IN RELATIONSHIP
- CREATING A SAFE SPACE FOR VULNERABILITY
- SUSTAINING INTIMACY AND CONNECTION

SEXUAL INTIMACY FOCUS:

- REAUTHORING YOUR SEXUAL STORY
- UNDERSTANDING DESIRE: BALANCING BRAKES & ACCELERATORS
- SOMATIC PRACTICES FOR INTIMACY

6-HOUR ONLINE INTENSIVE WORKSHOP

SUGGESTED STRUCTURE: CHOOSE UP TO 3-4 SESSIONS THAT BEST ALIGN WITH YOUR RELATIONSHIP GOALS



7 WEEK VIRTUAL SESSION SERIES

PACKAGE

SUGGESTED STRUCTURE: SPREAD OUT EACH SESSION OVER 7 WEEKS, FOCUSING ON ONE TOPIC PER WEEK. THIS ALLOWS FOR DEEPER EXPLORATION & REFLECTION

WEEK 1: UNDERSTANDING THE SELF IN RELATIONSHIP

WEEK 2: CREATING A SAFE SPACE FOR VULNERABILITY

WEEK 3: REAUTHORING YOUR SEXUAL STORY

WEEK 4: UNDERSTANDING DESIRE - BALANCING BRAKES & ACCELERATORS

WEEK 5: SOMATIC PRACTICES FOR INTIMACY

WEEK 6: SUSTAINING INTIMACY AND CONNECTION

WEEK 7: ACTION PLANNING AND COMMITMENTS

SESSION MENU OPTIONS

BELOW ARE DESCRIPTIONS OF EACH SESSION & GUIDANCE ON HOW TO PIECE TOGETHER
YOUR PERFECT COUPLES RETREAT & PRICING STRUCTURES

PURPLE = EMOTION FOCUSED YELLOW = INTIMACY FOCUSED

1. UNDERSTANDING THE SELF IN RELATIONSHIP

DURATION: 50 MINS OR 90 MINS

EXPLORE PERSONAL IDENTITY, ATTACHMENT STYLES,
AND THE FOUNDATIONS OF EMOTIONAL SAFETY. THIS
SESSION INCLUDES GUIDED JOURNALING,
DISCUSSION, AND SELF-REFLECTION EXERCISES.

IDEAL FOR DEEPENING SELF-AWARENESS AND
UNDERSTANDING YOUR ROLE IN THE RELATIONSHIP.

2. CREATING A SAFE SPACE FOR VULNERABILITY

DURATION: 50 MINS

ENGAGE IN COMMUNICATION EXERCISES THAT BUILD
TRUST, AUTHENTICITY, AND DEEP CONNECTION. LEARN
TECHNIQUES FOR CREATING AN EMOTIONALLY SAFE
ENVIRONMENT FOR DISCUSSING DIFFICULT TOPICS.

IDEAL FOR COUPLES SEEKING TO IMPROVE
COMMUNICATION AND TRUST

3. REAUTHORING YOUR SEXUAL STORY

DURATION: 50 MINS OR 90 MINS

GUIDED EXPLORATION OF SEXUAL NARRATIVES AND HOW THEY IMPACT INTIMACY. YOU WILL LEARN HOW TO
REWRITE THESE NARRATIVES TO ALIGN WITH YOUR CURRENT DESIRES AND NEEDS

IDEAL FOR COUPLES LOOKING TO REFRESH OR RESHAPE THEIR SEXUAL IDENTITY AND INTIMACY

4. UNDERSTANDING DESIRE: BALANCING BRAKES & ACCELERATORS

DURATION: 50 MINS OR 90 MINS

DEEP DIVE INTO THE DUAL CONTROL MODEL, IDENTIFYING INDIVIDUAL BRAKES AND ACCELERATORS IN SEXUAL
DESIRE. INCLUDES PRACTICAL EXERCISES FOR ENHANCING EROTIC MOBILITY

IDEAL FOR UNDERSTANDING THE DYNAMICS OF DESIRE AND IMPROVING SEXUAL INTIMACY

5. SOMATIC PRACTICES FOR INTIMACY

DURATION: 50 MINS

INTRODUCTION TO SOMATIC EXERCISES, BREATHWORK, AND MOVEMENT TO DEEPEN PHYSICAL AND EMOTIONAL
CONNECTION. THIS HANDS-ON SESSION INCLUDES GUIDED PARTNER EXERCISES.

IDEAL FOR THOSE INTERESTED IN CONNECTING PHYSICALLY AND EMOTIONALLY THROUGH MOVEMENT AND TOUCH

6. SUSTAINING INTIMACY & CONNECTION

DURATION: 50 MINS OR 90 MINS

PRACTICAL TOOLS AND STRATEGIES FOR MAINTAINING THE
PROCESS MADE DURING THE WORKSHOP. FOCUS ON
COMMUNICATION TECHNIQUES, ONGOING INTIMACY, &
NAVIGATING CHALLENGES

IDEAL FOR LONG TERM RELATIONSHIPS GROWTH AND CONTINUED
INTIMACY

7. ACTION PLANNING & COMMITMENTS

DURATION: 50 MINS

YOU WILL CREATE A PERSONALIZED ACTION PLAN FOR
IMPLEMENTING WHAT YOU'VE LEARNED. INCLUDING SETTING
INTENTIONS, COMMITMENTS, AND IDENTIFYING ONGOING
SUPPORT NEEDS.

IDEAL FOR ENSURING THE WORKSHOP'S LESSON ARE INTEGRATED
INTO DAILY LIFE

How To Choose Your Program

1. IDENTIFY YOUR GOALS

CONSIDER WHAT AREAS OF YOUR RELATIONSHIP YOU WANT TO FOCUS ON - EMOTIONAL SAFETY, COMMUNICATION, SEXUAL INTIMACY, OR A BALANCED MIX

2. SELECT YOUR SESSIONS

CHOOSE THE SESSIONS THAT ALIGN WITH YOUR GOALS AND PREFERRED WORKSHOP LENGTH

3. CONSULTATIONS

IF YOU'RE UNSURE WHICH SESSIONS TO CHOOSE, A BRIEF CONSULTATION CAN HELP TAILOR THE WORKSHOP TO YOUR SPECIFIC NEEDS

THIS WORKSHOP IS DESIGNED TO BE AS FLEXIBLE AS IT IS IMPACTFUL. WHETHER YOU OPT FOR A FULL RETREAT, A SHORTER DAY INTENSIVE, OR A MULTIPLE-WEEK SERIES, YOU'LL LEAVE WITH VALUABLE INSIGHTS AND TOOLS TO ENHANCE YOUR RELATIONSHIPS.

ADDITIONAL DETAILS:

ONE-ON-ONE CONSULTATIONS:

- INCLUDED THROUGHOUT THE RETREAT FOR PERSONALIZED GUIDANCE

RESOURCE MATERIALS:

- PARTICIPANTS WILL RECEIVE HANDOUTS, EXERCISES, AND READING MATERIALS TO SUPPORT THEIR ONGOING JOURNEY

FOLLOW-UP SUPPORT:

- A VIRTUAL FOLLOW-UP SESSION WILL BE OFFERED A MONTH AFTER THE RETREAT TO CHECK IN ON PARTICIPANTS' PROGRESS (SESSION AT ADDITIONAL COST)

FREE COPY:

- A FREE COPY OF MADDIE HUNDLEY, LMFT'S BOOK, "DIFFERENT ME, DIFFERENT US: THE READABLE PART OF COUPLES THERAPY"

PRICING STRUCTURE

A) FULL MULTI-DAY RETREAT

ONLINE/HYBRID

2 DAY RETREAT (10 HOURS BETWEEN 2 DAYS)

\$1,600 (\$160/HR RATE)

3 DAY RETREAT (15 HOURS BETWEEN 3 DAYS)

\$2,400 (\$160/HR RATE)

PLEASE LET US KNOW IF YOU WILL BE STAYING
SOMEWHERE OR IF YOU WILL BE ATTENDING AT
HOME OVER VIDEO

IN-PERSON

2 DAY RETREAT (10 HOURS BETWEEN 2 DAYS)

\$2,100 (\$210/HR RATE)

3 DAY RETREAT (15 HOURS BETWEEN 3 DAYS)

\$3,150 (\$210/HR RATE)

ACCOMMODATIONS FOR 2 DAY RANGES AN
ADDITIONAL \$900-2100

B) 6-HOUR ONLINE INTENSIVE WORKSHOP

6-HOUR DAY RATE

\$960 (\$160/HR RATE)

TWO 3-HOUR DAYS RATE

\$480 (\$160/HR RATE)

C) 7 WEEK VIRTUAL SESSION SERIES

7 WEEK SESSION RATE

\$1,500 (\$75 OFF FOR PACKAGE)



6-HOUR DAY INTENSIVE OPTION

RATE FOR TWO 3-HOUR DAYS **\$480 (\$160/HR RATE)**

THIS 6-HOUR INTENSIVE WORKSHOP OFFERS A CONDENSED YET POWERFUL EXPERIENCE DESIGNED TO HELP COUPLES EXPLORE AND ENHANCE THEIR RELATIONSHIP DYNAMIC, EMOTIONAL SAFETY, AND SEXUAL INTIMACY, ALL BASED ON THE KEY PRINCIPLES FROM THE BOOK.

MADDIE HUNDLEY, LMFT

IMPLEMENTING CONCEPTS FROM "DIFFERENT ME, DIFFERENT US: THE READABLE PART OF COUPLES THERAPY" BY MADDIE HUNDLEY, LMFT

WORKSHOP SCHEDULE

SESSION 1: UNDERSTANDING THE SELF & BUILDING EMOTIONAL SAFETY (90 MINS)

WORKSHOP 1: WHO AM I IN THIS RELATIONSHIP?

BREAK: 5 MINS

WORKSHOP 2: CREATING A SAFE SPACE FOR VULNERABILITY

BREAK: 15 MINS

SESSION 2: EXPLORING INTIMACY AND SEXUALITY (30 MINS)

WORKSHOP 3:

REAUTHORING YOUR SEXUAL STORY

WORKSHOP 4:

UNDERSTANDING DESIRE - THE DUAL CONTROL MODEL

BREAK: 15 MINS

SESSION 3: INTEGRATION AND MOVING FORWARD (90 MINS)

WORKSHOP 5: SOMATIC PRACTICES FOR INTIMACY

ACTION PLANNING & CLOSING: CREATE A PERSONALIZED ACTION PLAN FOR IMPLEMENTING KEY TAKEAWAYS FROM THE DAY



EXAMPLE: FULL WEEKEND INTENSIVE RETREAT

RETREAT SCHEDULE

FACILITATED BY MADDIE HUNDLEY, LMFT

IMPLEMENTING CONCEPTS FROM “DIFFERENT ME,
DIFFERENT US: THE READABLE PART OF COUPLES
THERAPY”

BY MADDIE HUNDLEY, LMFT

DAY 1: FOUNDATIONS OF CONNECTION

1. UNDERSTANDING THE SELF IN RELATIONSHIP

WELCOME & INTENTIONS: INTRODUCTION TO THE RETREATS GOALS, GROUP AGREEMENTS, & SETTING PERSONAL STATEMENTS

WORKSHOP 1: WHO AM I IN THIS RELATIONSHIP?

EXPLORE PERSONAL IDENTITY, ATTACHMENT STYLES, & THE FOUNDATIONS OF EMOTIONAL SAFETY

2. BUILDING EMOTIONAL SAFETY

WORKSHOP 2: CREATING A SAFE SPACE FOR VULNERABILITY

ENGAGE IN COMMUNICATION EXERCISES DESIGNED TO BUILD TRUST, FOSTER AUTHENTICITY, AND DEEP CONNECTION. LEARN TECHNIQUES FOR CREATING AN EMOTIONALLY SAFE ENVIRONMENT FOR DISCUSSING DIFFICULT TOPICS.

3. SHARED REFLECTIONS

GROUP SHARING & MINDFULNESS: SHARE INSIGHTS AND EXPERIENCES IN A SUPPORTIVE GROUP SETTING, FOLLOWED BY A GUIDED MEDITATION TO CLOSE THE DAY.



DAY 2: EXPLORING INTIMACY & SEXUALITY

1. DECONSTRUCTING SEXUAL NARRATIVES

WORKSHOP 3: REAUTHORING YOUR SEXUAL STORY

GUIDED EXPLORATION OF SEXUAL NARRATIVES AND HOW THEY SHAPE INTIMACY. YOU WILL LEARN HOW TO REWRITE THESE NARRATIVES TO ALIGN WITH YOUR CURRENT DESIRES AND NEEDS.

2. THE DUAL CONTROL MODEL & EROTIC MOBILITY

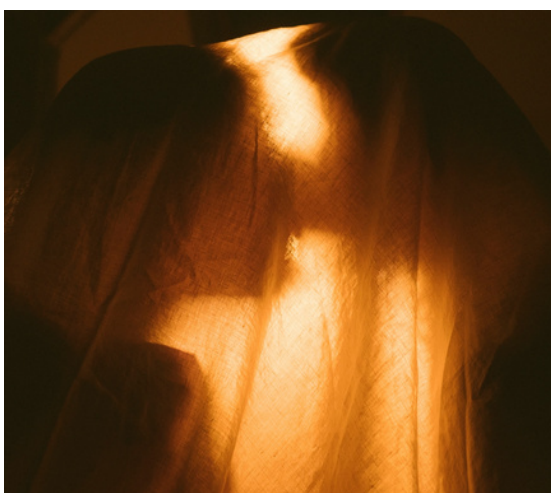
WORKSHOP 4: UNDERSTANDING DESIRE - BALANCING BRAKES AND ACCELERATORS

DIVE INTO THE DUAL CONTROL MODEL, IDENTIFYING INDIVIDUAL BRAKES AND ACCELERATORS IN SEXUAL DESIRE. THE SESSION INCLUDES PRACTICAL EXERCISES TO ENHANCE EROTIC MOBILITY & DEEPEN CONNECTION.

3. CONNECTION THROUGH TOUCH

WORKSHOP 5: SOMATIC PRACTICES FOR INTIMACY

INTRODUCE SOMATIC EXERCISES, BREATHWORK, AND MOVEMENT TO DEEPEN BOTH PHYSICAL & EMOTIONAL CONNECTION. THIS HAND-ON SESSION INCLUDES GUIDED PARTNER EXERCISES.



DAY 3: INTEGRATION & MOVING FORWARD

1. BUILDING A SUSTAINABLE CONNECTION

WORKSHOP 6: SUSTAINING INTIMACY & CONNECTION

LEARN PRACTICAL TOOLS & STRATEGIES TO MAINTAIN THE PROGRESS MADE DURING THE RETREAT. FOCUS ON ONGOING COMMUNICATION, INTIMACY, & NAVIGATING CHALLENGES TOGETHER.

2. ACTION PLANNING & COMMITMENT

CLOSING CIRCLE & FAREWELL: PARTICIPANTS CREATE PERSONALIZED ACTION PLANS FOR IMPLEMENTING WHAT YOU'VE LEARNED. THE RETREAT CONCLUDES WITH REFLECTIONS, NEXT STEPS, AND RESOURCES FOR CONTINUED GROWTH.