

## **What We Do in Our Practice**

In our practice, we work with couples who want more than surface-level communication tools.

We work with the nervous system beneath the conflict.

With the body beneath the words.

With the patterns that keep repeating, even when both partners genuinely want change.

Many couples come to us not because they lack love, but because something in the relationship feels tense, fragile, or distant. They may be stuck in recurring arguments, intimacy has faded, trust has been shaken, or one or both partners feel exhausted from trying to “fix” things cognitively.

We approach these challenges somatically.

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## **We Work With the Nervous System in the Relationship**

A relationship is not only psychological, it is physiological.

Two nervous systems constantly interact.

When one activates, the other responds.

When one withdraws, the other adjusts.

If either system is stuck in defense, fight, flight, freeze, or fawn, intimacy becomes difficult. No amount of rational insight alone can override a body that does not feel safe.

We help couples recognize these physiological patterns in real time.

We slow down reactive loops.

We increase tolerance for vulnerability.

We build co-regulation.

Over time, the relationship begins to feel safer, not just logically, but in the body.

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## **We Identify the Pattern Beneath the Problem**

Couples often arrive focused on the visible issue:

- Communication breakdown
- Sexual disconnection
- Jealousy or mistrust
- Emotional distance
- Repeated conflict

We look deeper.

What nervous system response is being activated?

What attachment wound is being touched?

What survival strategy is playing out between you?

When you can see the pattern instead of blaming each other, the dynamic shifts from opposition to collaboration.

You stop fighting each other.

You begin addressing the system you are both caught in.

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## **We Restore Trust Through Embodied Repair**

Trust is not rebuilt through explanation alone.

It is rebuilt through repeated experiences of safety, reliability, and emotional attunement. In our sessions, we guide couples through structured repair processes where vulnerability is titrated and supported, not forced.

We help you:

- Stay present during difficult conversations
- Express needs without attack or collapse
- Regulate activation before escalation
- Rebuild safety through consistent embodied experiences

Trust becomes something the body can rest into again.

## **We Reawaken Intimacy**

Erotic connection requires safety.

If the body feels guarded, tense, or watchful, desire diminishes. We help couples release protective tension and reconnect to sensation, presence, and emotional attunement.

This is not performance-focused work.

It is regulation-focused work.

As nervous systems settle, sensuality and play often return naturally.

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## **Our Approach**

Our work is:

- Trauma-informed
- Attachment-oriented
- Somatically grounded
- Direct, but never shaming
- Structured, yet deeply human

We hold both partners accountable without taking sides.

We work slowly enough for the body to follow.

We prioritize depth over quick fixes.

This is not crisis management.

It is nervous system recalibration.

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## **The Result**

When the nervous system shifts from defense to safety, couples often experience:

- Reduced reactivity
- Deeper emotional closeness
- Renewed physical intimacy
- Clearer boundaries

- Increased resilience during conflict
- A felt sense of “we” instead of “me versus you”

The relationship becomes less exhausting, and more restorative.