

Rekindle, Reconnect, and Rebuild *in Bali!*

Why Every Couple Needs Marathon Couples Therapy

Have you ever dreamed of letting go of old wounds - those feelings of hurt, resentment, and frustration that keep you and your partner stuck?

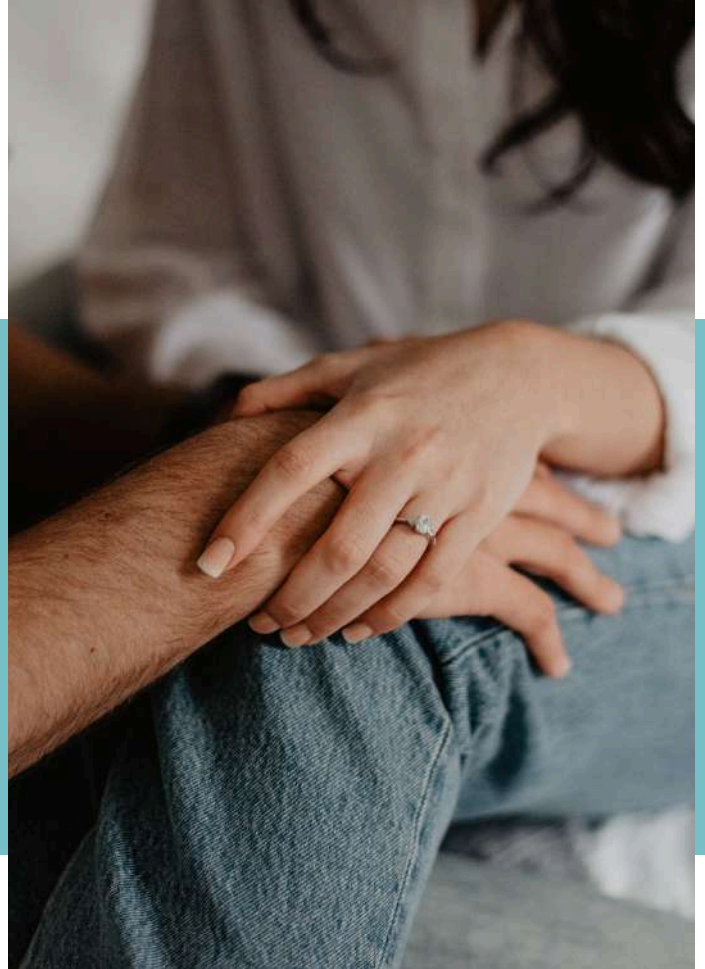
Do you long to give your relationship a fresh start and reconnect with the love that brought you together, but something always seems to hold you back?

Intensive Marathon Couples Therapy is your opportunity to *strive, not just survive* in your relationship. Whether you're facing a crisis or simply want to strengthen your bond, this transformative experience is designed to help couples break through the barriers and create lasting change.

Why Choose Marathon Couples Therapy?

This is not your typical weekly therapy. Marathon Couples Therapy condenses months of healing into a few days of focused, structured, and evidence-based interventions. It's a life-changing experience that provides:

- **Deep Healing:** Address the core issues in your relationship that traditional therapy might take months to uncover.



- **Focused Time Together:** No distractions, just you, your partner, and a dedicated professional working toward resolution and connection.
- **Real Tools for Lasting Change:** Learn skills and techniques you can take home to continue growing together.

MindNLife Psychology Practice is proud to be Hong Kong's pioneer provider of Intensive Marathon Couples Therapy. **Led by our highly skilled and experienced psychologist, Dr. Quratulain Zaidi**, this program has transformed the lives of countless couples.

About Dr. Zaidi

Dr. Quratulain Zaidi is a Registered Clinical Psychologist in the UK and Hong Kong with extensive expertise in Emotionally Focused Couples Therapy and Gottman Couples Therapy (Level 3).

Her compassionate approach and mastery of evidence-based techniques make her uniquely equipped to guide couples toward a healthier, stronger relationship.

What Does Marathon Couples Therapy Include?

2-Day Intensive Therapy in Bali

- 2 transformative days in a beautiful, serene setting in Bali, Indonesia.
- Over 6 hours of therapy per day, with regular breaks to recharge.
- Structured interventions designed to repair, rebuild, and reconnect.

Post Intensive Therapy (Online)

- **Integration:** bi-weekly follow-up sessions (2–6 sessions recommended) to ensure the skills and strategies learned during the intensive are successfully applied in daily life.
- **Relapse Prevention:** monthly check-ins over 3–6 months to strengthen and future-proof your relationship, so you can continue to thrive together.

Please Note: Fees for each phase are separate. For more information, WhatsApp +852 9700 2786 for details.

Pre-Requisite Assessments (Online)

- Individual sessions (50 mins each) with each partner.
- Comprehensive questionnaires to understand the dynamics of your relationship.
- A 75-minute intake session to set goals and map out the path forward.

Is This for You?

Marathon Couples Therapy is perfect for couples who:

- Feel stuck in cycles of conflict, resentment, or disconnection.
- Want to rebuild trust after a betrayal or significant breakdown.
- Are ready to deepen their connection and create a relationship that truly thrives.

Why Wait to Transform Your Relationship?

Your relationship deserves *more than surviving* - it deserves *thriving*.

Whether you're looking to heal, reconnect, or prevent future struggles, Intensive Marathon Couples Therapy can guide you toward the loving, fulfilling partnership you've always dreamed of.

Take the first step today. **Rediscover the joy, trust, and love that brought you together.**

Bali Program Details

2-Day Intensive Therapy Location: Sanur, Bali

Dates: 26th January - 4th February 2025

Bali Program Fee: 38,000 HKD / 4,800 USD

EARLY BIRD: Before 25th Dec, 4,500 USD

Please Note: Pre-requisite has to be completed before Bali. You are responsible for flights, visa, transport, food, taxes, accommodation, gratuity etc.



For Full Details and To Book Your 2-Day Intensive Marathon Couples Therapy, Contact MindNLife Psychology Practice Today!



info@mindnlife.com



+852 9700 2786 / +44 7918 092865



www.mindnlife.com/bali