

THE
relationship
RETREAT



Information Pack



TWO DAYS TO DO THE WORK MOST COUPLES TRY TO FIT INTO A YEAR

Have you ever walked out of therapy thinking, “**we’re not getting anywhere**”? You’re not alone.

Weekly sessions can be helpful, but they can also feel **slow**.

You spend time **catching up**.
Warming up.
Finding the **words**.

And just as things begin to **open up**...
the **session ends**.

You leave **mid-conversation**.
Mid-emotion.
Mid-breakthrough.

Then you come back a **week later** and try to **find your way back** in again.

The Relationship Retreat *Is Different*

This is **two full days** of focused, supported therapy.

Space to stay with the conversation.

This is an opportunity to go **deeper**. To discover not just what the surface problem or never ending argument is, but the **seed** that it grows from.

This is achieved by Tracy exploring your **patterns** and **belief systems** to help you make **organic, sustainable change**.

This Might Be For You If...

- There's been a rupture, betrayal, or growing distance
- You want clarity—whether that's repair or a different path
- You keep having the same conversations on repeat
- You want deep long lasting change, not just a mediator
- You are both ready to build a new relationship, the one you dream of

Why It Works

When you're not watching the clock,
something shifts.

You move past the **surface
conversations.**

You start to see the **patterns** that
keep looping.

You understand what's **really
happening** underneath the conflict,
distance, or disconnection.

And most importantly,
you don't just **talk about it...**

You begin to **change it**—together, in
real time.

Your Investment

This is more than just time in the room. It's a carefully held, structured process designed to support real movement in your relationship.

Your investment of \$6,200 (inclusive of GST) for **The Relationship Retreat** includes:

Setting up for Success

Prior to the retreat, you will complete comprehensive questionnaires, and a 1-hour individual session each with Tracy. This allows her to understand your relationship in depth before you arrive, and to customise your personalised treatment plan.

Two full days of immersive therapy

A focused, supported space to slow things down, understand your patterns, and begin meaningful change, without the stop-start of weekly sessions.

A personalised treatment approach

Your retreat is tailored to you. No generic framework—this is guided by your story, your patterns, and what’s actually happening between you.

Clinical insight and integration

Tracy draws on evidence-based approaches including the Gottman Method, alongside years of experience working with couples navigating complexity, rupture, and repair.

Post-retreat follow up session

A 50-minute joint session to check in on your progress, support integration, and help you continue building on the work.

If you would like more information about getting started, our Practice Manager can guide you through the process by email at hello@nestcounselling.com.au, or by phone 0484 223 042.

Ready to take
the next step?



Want to book in? Email
hello@nestcounselling.com.au
to receive information about
our next available assessment
dates.

If you have questions that
only Tracy can answer, or
you'd like to get a feel for how
you connect, book in a 20
minute free **Clarity Call** [HERE](#).