

---

## WHO IS JENNIFER?

LET'S GET TO KNOW EACH OTHER

---

Jennifer is a Health Psychologist and Licensed Professional Counselor.

Jennifer likes to focus on health and wellness in daily living, which includes understanding what makes you happy and what causes stress in your life.

Jennifer has spent a decade working as a psychotherapist and psychologist in multiple settings such as hospitals, substance recovery, group practice, and private practice.

So why is Jennifer changing to Coaching? Because of the rules and restrictions that govern the healthcare industry with billing, insurance, coding, and how sessions can be conducted.

Coaching allows more freedom to tailor a program to meet the needs of the clients as well as reduces all of the red tape that exists in the counseling profession.

\*This program does not include Therapy.

---

SCHEDULE FIRST APPOINTMENT  
ONLINE

Additional Appointments Scheduled  
During Intake

WWW.JENNIFERERICKSONCOACHING.COM



## Why Solution Focused Relationship Coaching?

Because Solution Focused coaching offers something that Talk Therapy does not. It offers skills, techniques, and targets your strengths.

Solution Focused coaching does not rehash old fights, it does not focus on the “fight of the week”, and it does not point out the flaws of one or both partners (because no one is perfect).

Solution Focused coaching emphasizes finding understanding, acceptance, and communication.

LEARN HOW TO FIGHT IN A  
HEALTHY WAY.

---

Solution Focused  
Relationship Coaching  
JENNIFER ERICKSON, PH.D.

SCHEDULE TODAY



## Schedule Today

WWW.JENNIFERERICKSONCOACHING.COM

VIRTUAL SESSIONS

804-531-4900

## SESSIONS 1 - 4

GETTING TO KNOW EACH OTHER

---

### INTRODUCTION SESSION

We will review intake documents (yes, this is needed even with coaching), and get to know each other a bit.

### SESSION 2 - 4

These first 3 coaching sessions will include worksheets, homework before sessions, and practice after sessions.

We will use worksheets to help you get to know yourself again, so you can share with your partner.

This phase builds communication skills, allows you to get to know yourself again, allows me to get to know you both, and allow you to get to know me.

These three sessions are really beneficial. And if possible, its better to meet weekly to get all of the information, but every other week will work as weel.

## SESSION 5

THE BIG TOPIC(S)

---

### SESSION 5 (AND MAYBE 6)

This is finally the time we start to talk. Many couples will start talking using the skills that we have been building, but typically find they are still struggling to meet eye to eye on certain topics.

This is where Jennifer will help you work through these topics as a team. Yes, you will learn the concept of its you both against the issue, not you two against each other.

Sometimes we can resolve the top one or two issues within this one session.

If not, we may have a second session.



## SESSION 6 - 10

LET'S FINE TUNE

---

### SESSION 6 - 10

Depending on how session 5 (and maybe 6 go), we will start fine tuning your communication.

We will add in some more worksheets, continue to discussion how to cheerlead for each other, how to discuss the big topics and how to balance each others needs.

Finally, we will talk about relapse and what it takes to keep the positive changes happening.

During this phase, we will probably stretch out our sessions out to every three weeks, so that you have a chance to practice.

You do not need to go all the way to 10 sessions. Some people find that 8 is plenty to get started on their new journey.