



CONCIERGE COUPLES COUNSELING WITH DR. VIVIANA

A selective, marriage-preservation model for couples who want proactive, intentional support—during both calm and high-stress seasons.

Availability: This service is offered exclusively to couples residing in **Texas, California, New York, and Florida**, where Dr. Viviana is licensed.

A Different Approach to Couples Counseling

After more than 20 years of clinical experience, Dr. Viviana has found that the deepest and most lasting change for couples happens when care is continuous, intentional, and responsive to real life—not limited to weekly sessions or sporadic returns during crisis.

Many couples cycle in and out of therapy: they seek help when things are hard, pause once life stabilizes, and then return months later saying, *“We shouldn’t have stopped.”* Not because they failed—but because relationships need ongoing care, not just repair.

This concierge model was created to address that gap.

Dr. Viviana believes that **regular check-ins and maintenance sessions are just as important as crisis-focused therapy**. Preventive care allows couples to protect intimacy, address issues early, and stay aligned as life evolves.

In her experience, this approach leads to stronger accountability, deeper engagement, and more meaningful long-term outcomes than traditional in-and-out models of care.

Who This Model Is For

This model is designed for couples who:

- Love each other and are committed to staying together
- Want to protect their marriage before problems escalate
- Value discretion, depth, and experienced clinical guidance
- Prefer intentional, needs-based pacing over standing weekly sessions
- Are willing to invest energy and attention into long-term relationship health

This is **not** a fit for couples seeking casual coaching, unlimited access, or an open calendar they can book at any time.

How the Concierge Model Works

“I intentionally manage a limited schedule to ensure availability when it matters most.”

Concierge couples counseling is structured around:

- Continuity of care
- Priority access during urgent moments
- Flexible pacing based on real-time needs

Rather than defaulting to weekly sessions, care adapts to your relationship—offering increased support during high-stress seasons and intentional maintenance during calmer periods.

Sessions are coordinated directly and scheduled thoughtfully, not through open self-booking.

Phase One: The Initial Intensive Month

Investment: \$12,000

Includes: up to 12 total hours within the first 30 days

The Initial Intensive Month is designed to create clarity and momentum quickly. It allows Dr. Viviana to understand your relationship deeply and determine the most appropriate long-term path.

What this phase supports:

- Identifying core patterns driving conflict or disconnection
- Reducing escalation and strengthening emotional safety
- Addressing intimacy and desire concerns directly
- Establishing shared goals and expectations
- Determining whether concierge care is the right long-term fit

Typical structure (may vary based on need):

1. Couples Session — 2 hours
2. Individual Session (Partner A) — 1 hour
3. Individual Session (Partner B) — 1 hour
4. Couples Session — 2 hours
5. Individual Session (Partner A) — 1 hour
6. Individual Session (Partner B) — 1 hour
7. Couples Session — 2 hours
8. Couples Session — 2 hours

At the end of the Initial Intensive Month, Dr. Viviana will recommend one of the following:

- Invitation into ongoing concierge care (selective)
- Continued couples counseling with a trusted associate
- Referral to another provider if a different level of care is recommended

The goal is always the right support—not simply continued care.

Phase Two: Ongoing Concierge Care

Investment: \$10,000

Includes: up to 10 total hours per month

Ongoing concierge care is designed for couples who want continuity, accountability, and proactive support across changing seasons.

What ongoing care includes:

- **Priority scheduling and continuity of care**
Access to Dr. Viviana's calendar is reserved for couples actively enrolled in monthly concierge care.
- **Needs-based pacing**
Support increases during high-stress periods and naturally lightens during calmer seasons.
- **Maintenance during stable periods**
Many couples benefit from a **monthly two-hour maintenance session** to protect progress, strengthen intimacy, and address concerns early.
- **Urgent session flexibility**
When clinically appropriate, urgent sessions may be prioritized.
In the vast majority of cases, same-day urgent sessions can be accommodated before 8:00 p.m., subject to availability.
- **Additional sessions may be scheduled when clinically appropriate. Fees are discussed privately.**

When clinically appropriate, urgent sessions may be prioritized.

- In the vast majority of cases, same-day urgent sessions can be accommodated before 8:00 p.m., subject to availability.

Accountability & Intentional Investment

This model supports accountability and meaningful investment in the relationship.

When couples remain engaged consistently—rather than only during moments of crisis—they are more likely to follow through on changes, reflect between sessions, and stay aligned with their shared goals.

Dr. Viviana has found that this level of intentional investment creates momentum. Couples show up more prepared, more present, and more willing to address patterns honestly—not because they are required to, but because they have chosen to protect their relationship.

Prefer to Review This Together?

Many couples want time to review details privately before deciding.

You're welcome to request a written overview of this concierge model—including structure, expectations, and FAQs—to read and discuss together.

There is no obligation to move forward.

This service is available only to couples residing in TX, CA, NY, and FL.

Frequently Asked Questions

Is this therapy or coaching?

This is couples counseling provided within a licensed private-practice model. Care is paced intentionally and adapts to the needs of the relationship across different seasons.

Is there a contract?

No. There is no long-term contract.

Couples continue in concierge care because they choose to work with Dr. Viviana over time. Priority access to her schedule is reserved for couples actively enrolled in monthly concierge care.

If care is paused, the couple's place in the schedule is released. Future sessions are scheduled based on availability, and resuming care may involve a waitlist or re-entry conversation.

What if we don't need sessions every month?

That can be completely appropriate. Concierge care is not hour-based. Calm seasons are expected and respected, and many couples use lighter maintenance during those periods.

What if something urgent comes up?

Emergency services are not provided through this model. Call 911 or Crisis Management Services in your country.

However, urgent session requests may be prioritized when clinically appropriate. In the vast majority of cases, same-day urgent sessions can be accommodated before 8:00 p.m., subject to availability.

Do we meet weekly?

Not necessarily. This model is intentionally different from traditional weekly therapy. Session frequency adjusts based on what your relationship needs at the time.

Where do sessions take place?

Sessions are offered **virtually or in-office**, based on what best supports the work.

What if one partner wants individual sessions?

Individual sessions are sometimes clinically helpful and may be incorporated strategically. If ongoing individual work is needed beyond this model, referrals may be recommended.

What if we need a different level of care?

If a different or higher level of support is needed, Dr. Viviana will make appropriate recommendations to ensure you are properly supported.

Do you guarantee outcomes?

No ethical clinician can guarantee outcomes. What Dr. Viviana offers is experienced clinical judgment, clear direction, and a structure designed to support meaningful, lasting change.

How do we know if Dr. Viviana can help with our situation?

The Initial Intensive Month is also designed to assess fit and determine the most appropriate next step.

If you're wondering whether Dr. Viviana's experience aligns with what you and your partner are facing, you're welcome to explore her work using the searches and prompts below.

Google Search Phrases

- "Dr. Viviana Coles marriage preservation"
- "Dr. Viviana Coles couples counseling intimacy long-term relationships"
- "Dr. Viviana Coles relationship maintenance couples"

These searches will surface articles, interviews, and videos that reflect the issues Dr. Viviana most often works with.

You can also paste the following into ChatGPT:

"What types of relationship and intimacy issues does Dr. Viviana Coles commonly help couples with, and what is her approach to marriage preservation?"

This prompt typically highlights themes such as communication breakdowns, intimacy drift, parenting stress, resentment, emotional distance, and preventive relationship care.

How do we get started?

The first step is the **Initial Intensive Month**. From there, the most appropriate path forward will be recommended.

GET STARTED