

Relational Architect

LMFT (AZ & CO) · EMDR Certified · Sex and Tantra Informed · KAP Trained

The Revive Intensive

For concentrated work around a significant relational challenge, recurring pattern, transition, or repair.

Not every defining moment yields to an hour a week.

I'm Kristen Valley, a couples intimacy coach and communication specialist working at the intersection of somatic practice and conscious relating. This offering is a single overnight, held at a rented private residence within the Valley, entirely outside the environment where the problems exist. Held for two partners, scheduled by mutual availability. Being away from home is part of the work: taking space from where old patterns live, to stay fully present with each other, and with what is being addressed. This is a coaching service, not a clinical diagnosis or therapeutic offering.

\$4,500

Eight hours held with Kristen: your intake, individual sessions, facilitation day, and follow-up.

This Intensive Includes

- One-hour joint intake session

Shared history, current patterns, and intentions for your time together

- One-hour individual session for each participant

Personal history, relational patterns, and what each of you brings into the room

- Four hours of somatic and attachment-informed facilitation

- One overnight stay at a private residence within the Valley

- Lunch and dinner are left open, giving room for your own preferences and dietary needs; light refreshments are curated and provided throughout.

- Personalized reflection guide and intimacy homework, given as a printed take-home for practice overnight and beyond

- One-hour follow-up integration session after your intensive

Each day opens and closes with intention, giving you room to fully arrive and fully rest, so the work between sessions can settle rather than spill over.

What to Bring Water, a journal, comfortable clothing, a change of clothes, toiletries, and any prescribed medications.

Your Day

11:00 am	Arrival and settling in at your rental
12:00 pm	Session opens: relational history, somatic grounding, pattern mapping
Midpoint	A brief pause for personal reflection and emotional regulation before transitioning to the next stage of the intensive.
3:00 pm	Session resumes: processing blocks, rebuilding closeness, path forward
4:00 pm	Before closing, a detailed plan will be made along with focusing on strengths and gratitude

From here, the evening flows into overnight rest, and the morning brings guided intimacy homework and reflection before departure.

Sessions begin and end at the scheduled time; late arrival shortens your session rather than extending it.

Departure allows for your own pacing, within the check-out time of the rental. Specifics are shared once your location is booked and paid for.

A brief application and complimentary screening call precede any payment, ensuring this is the right fit before you commit.

You may pay in full at ease, or follow the payment schedule below.

Payment Schedule

\$500	At intake scheduling	Confirms your joint intake, includes application review, non-refundable
\$2,700	After individual sessions are approved and scheduled	Confirms private location booking
\$1,300	72 hours before your intensive	Covers your held weekend, rental, and follow-up session

In the case of genuine emergency, your intensive is typically rescheduled rather than refunded, though each situation is unique and may incur a fee depending on the rental vendor's policies.

Location address shared upon receipt of your second payment. Locations outside the Valley, including Sedona or Flagstaff, may be arranged with an additional travel fee.

Ethics and Scope

All intensives are fully clothed, non-sexual experiences. No sexual contact between facilitator and participants occurs at any point. Intimacy homework is completed privately between participants, without the facilitator present. You are free to pause, step outside, or take space at any point; this day belongs to you.

What Comes Next

The weeks following your intensive offer an important opportunity to integrate what you have practiced. Your intensive includes one follow-up session; beyond that, you are always welcome to continue as an ongoing client at the standard rate.

Ongoing Check-In Package Six 60-minute sessions, \$250 each (\$1,500 total), to be used within 12 months. A modest discount for those who want the option to check in throughout the year, at your own pace, before returning to standard per-session coaching.

Available exclusively to established Relational Architect clients. All follow-up work is coaching in nature, not clinical treatment.

[Email Me With Questions](#)

Inquiries are typically responded to within 48 hours.

Kristen Valley | Relational Architect for Conscious Relating

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