

AMITY ESSENTIALS STRUCTURED SESSIONS FOR INTACT COUPLES

Amity
welcome to the
relationship revolution

Structured Sessions for Intact Couples

Welcome to Amity Essentials, a six-session structured resource designed to skilfully guide practitioners in supporting intact couples in improving communication, resolving conflict, and building healthier relationships. Created by Amity's subject matter experts in couple therapy, family coaching, and mediation, this resource equips practitioners to guide families through practical strategies for positive change.



WHAT MAKES AMITY ESSENTIALS UNIQUE?

Structured Sessions

A ready-made plan for guiding couples or individuals through actionable steps to improve communication and reduce conflict.

Promoting Healthy Connections

Good relationships are a foundation for well-being, influencing parenting quality, children's mental health, and life outcomes.

Inclusive and Accessible

Practitioners from a wide range of roles can integrate Amity Essentials into their practice, making relationship support more accessible to families at every level of need.

Why choose Amity Essentials for Intact Couples?



Designed by relationship experts for everyday case-work practice: Building on existing practitioner skills when supporting children, young people, adults, and families. It provides structured guidance for:

- Working with both partners in a couple or supporting one partner individually when the other is not ready to engage.
- Helping parents and carers reduce arguments and develop more constructive communication habits.



A holistic approach to relationship support: We believe relationship support should be accessible and integrated across sectors. Supporting relationships doesn't have to be the domain of specialists alone it can become everyone's business with the right tools and training.



Evidenced-based and practical: This resource empowers practitioners by:

- Encouraging relationship curiosity, with practical tools and strategies to explore conflict constructively.
- Helping practitioners feel confident in facilitating relationship support without the burden of "fixing" issues.

THEORY OF CHANGE:

The Impact of Amity Essentials

GOAL:
To improve communication and reduce conflict in intact couples, fostering healthier relationships and stronger family dynamics.

INPUT:

- Amity Essentials: Six-session structured programme.
- Practitioner training, guidance, support and tools.
- Solution-focused, evidence-based strategies.

ACTIVITIES:

- Facilitate guided sessions with couples or individuals.
- Explore relationship dynamics and teach constructive communication skills.

OUTPUTS

- Couples gain tools to manage conflict and communicate effectively.
- Practitioners feel confident in providing relationship support.

LONG TERM IMPACT

- Families experience greater connection and emotional security, benefiting both adults and children.
- Communities thrive with healthier family relationships.
- Couples are able to address conflict without the need for further professional support. Children are exposed to constructive conflict resolution.

OUTCOMES

- Stronger, healthier relationships that positively impact parenting and family well-being.
- Reduced arguments and improved communication habits.

