

Couples Therapy Arrangement Letter

Date: [Insert Date]

Dear [Partner's Name],

I hope this letter finds you well. I want to express my desire for us to work on our relationship, and I believe that couples therapy could be a beneficial step for us.

I propose that we schedule an appointment with a licensed therapist who specializes in couples counseling. I have researched a few options that I think would be a great fit for us:

- Therapist Name: [Insert Name] - [Insert Contact Information]
- Therapist Name: [Insert Name] - [Insert Contact Information]
- Therapist Name: [Insert Name] - [Insert Contact Information]

Could we discuss a convenient time that works for both of us to begin this journey? I believe it could greatly improve our understanding and communication.

Thank you for considering this. I look forward to hearing your thoughts.

With love,

[Your Name]