



The London Intercultural Couples Centre

21st century life skills for world families



WELCOME TO OUR

Weekend Retreat for intercultural couples and relationships

The Intercultural Couples Retreat offers you a unique opportunity to give your relationship the attention in that break you need.

In an idyllic setting of a country estate hotel and run by a group of expert therapists, the retreat will focus on teaching you new ways to think and to behave so that you feel renewed in your relationship.

All couple formations are welcome!



9TH - 11TH MAY 2025, LENHAM, KENT, UK



Want to know more?



WHAT DOES IT INVOLVE?

You will have therapy with a couples therapist who will work with you on enhancing your communication skills and address the intercultural differences between you. You will also participate in group couples therapy facilitated by two therapists. This will take place within the comfortable setting of a country hotel, with delicious meals, and exquisite gardens.

With an intercultural couples focus in mind, we look to support diversity and inclusion in every way and welcome all gender, sexual, and relationship diversity.

The Intercultural Couples Retreat

OUR VISION

You will focus, together, on what you both need for your individual relationship, and you'll be guided in doing so by expert couples and group psychotherapists, who will explore with you new ways of being and engaging as a couple.

The package includes:

An initial pre-retreat assessment

Two ninety-minute individual couple sessions with an experienced couples psychotherapist

Two ninety-minute sessions of group psychotherapy

Two nights stay with breakfast at Chilston Park Hotel

One private group dinner

A follow-up session with your individual couples therapist