



Heart Sync: Feelings, Unlocked

Explore love, attachment, and strengthen your bond through this 5-session group therapy for NUS student couples!

New Dates



Wednesdays:
10, 17 & 24 Sep;
1 & 8 Oct 2025



6.00 - 8.00pm



Location to be confirmed



[Click here](#) to indicate your interest to join

Only shortlisted participants will be contacted



Uncover what drives your relationship conflicts



Learn to express your emotional needs more openly



Move towards deeper understanding, healing, and secure connection

Eligibility criteria:

- Both parties must be full-time NUS students aged 18 to 30, in a committed relationship (e.g. dating, engaged, married)
- All gender identities and sexual orientations are welcome
- Both parties must commit to attending all sessions together
- Not suitable for couples who are currently going through serious relationship crises or situations involving abuse or untreated mental health issues

Grounded in Emotionally Focused Therapy (EFT), an evidence-based couples therapy based on attachment theory principles

WEEK 1

Understanding love and attachment,
setting intentions

WEEK 2

Managing conflict, mapping negative
interaction cycles

WEEK 3

Exploring emotions, moving from
reactivity to vulnerability

WEEK 4

Learning to be present
Saying what's really bothering me

WEEK 5

Building new rituals, celebrating
growth, and closing the circle