

Couples Therapist Launches Online Courses to Support Healthier, Happier Relationships

Gina Guddat, a Licensed Couples Therapist and Relationship Expert, Unveils The Relationship Roadmap Series

SEATTLE, WA, UNITED STATES, October 6, 2025 /EINPresswire.com/ -- Gina Guddat, a Licensed Couples Therapist and Relationship Expert, unveils The Relationship Roadmap Series, a collection of self-paced online courses designed to give couples the tools they need to navigate every phase of their relationship—whether building, strengthening, or redefining it.

With a waiting list of over 500 couples, Gina Guddat recognized the growing need for accessible, high-quality relationship support. She developed this series to provide couples with practical tools, proven strategies, and expert guidance. These are easy-to-follow modules that partners can complete at their own pace, from the comfort of their own homes.



Gina Guddat - Licensed Psychotherapist and Relationship Expert

“Between work, parenting, and everyday stress, finding time for traditional couples therapy isn’t always realistic,” says Gina Guddat. “But that doesn’t mean your relationship has to be put on hold. I designed these courses to help you at any stage—whether you’re just falling in love, looking to reconnect, rekindle the romance, or facing a crisis.”

The Relationship Roadmap Series offers support for couples at every stage of their journey. It begins with Ready to Get Serious?, which helps partners who want to move in together approach it strategically with intention, followed by Before the Wedding, a premarital course aimed at building a strong foundation for a lasting marriage. The series then delves into communication with two key offerings: Communication 101, which teaches couples how to feel heard, validated, and truly understood, and Communication 201, which focuses on breaking toxic patterns and fostering healthy dialogue.

For those facing uncertainty, the Discernment Course explores the difficult question: “Is this too bad to stay or too good to leave?” In more acute situations, Couples in Crisis offers guidance on navigating the aftermath of major relationship challenges and deciding what comes next. Finally, for couples choosing to part ways, Conscious Uncoupling provides a path to separate amicably with dignity and compassion rather than conflict.

Each self-paced course features a blend of expert instruction, video content, interactive exercises, and real-life strategies. The material is designed to be relatable, actionable, and accessible to couples across diverse backgrounds and relationship structures.

“

A healthy, strong relationship isn't something you find—it's something you build. I help couples create, nurture, and grow relationships where they thrive, not just survive. Everyone deserves love!”

Gina Guddat

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The Relationship Roadmap Series of Online Courses
for Couples

The Relationship Roadmap Series is now available for purchase at:

<https://ginaguddat.com/all-courses-2/>

Media Kit for Gina Guddat



Gina Guddat - Creator of the Relationship Roadmap Online Series for Couples

This press release can be viewed online at: <https://www.einpresswire.com/article/855742019>

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