

MAKING COUPLES HAPPY



Four couples in crisis –
can science save their
relationships in just
8 weeks?



FACTUAL 4 x 56'



ABC
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Commercial

FACTUAL

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What are the secrets to a happy relationship?

Great sex? Never arguing? Keeping peace with the in-laws? Marriages are now facing an ever growing threat of ending in separation, so finding the answers is more urgent than ever.

Over eight challenging and confronting weeks, four ordinary couples embark on a journey to happiness and relationship fulfilment. Ranging in age from their 20s to 50s they face issues around sex, intimacy, parenting, communication and work/life balance. For some, it's their last chance before separation and divorce.

An elite team of experts – a clinical psychologist, and counsellor and sex therapist, along with the help of a mind/body expert – apply the latest in relationship science to the couples.

Through group sessions, interventions, and powerful, scientifically-proven techniques, the couples confront toxic communication styles, attempt to rekindle their attraction, break through emotional barriers, and learn surprising and confronting truths about their sex lives. Every two weeks, they are evaluated and scored to determine their happiness levels and intimate, filmed counselling sessions track their progress.

Research shows that it's possible to reinvigorate even the unhappiest relationships in only two months. But will the science deliver when it's put to the test in the couples' day-to-day lives? Over the course of this four-part series, the couples will be pushed to their emotional limits – and beyond. Will the couples succeed in their goal of a happier relationship, or will some decide that true happiness lies apart from one another?

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Making Couples Happy is an Heiress Films, Screen Australia documentary program, developed and produced in association with Screen NSW, and the Australian Broadcasting Corporation.



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