

## The Therapy Rooms

Couple counselling helps couples who are experiencing difficulties in their relationship. Improving your relationship through working together on the things that are creating unhappiness, can help both partners move on from stuck and often difficult patterns of interaction. This in turn can lead to a happier and more fulfilling relationship. Couple counselling can help improve your communication, manage difficulties and work towards resolving any problems in your relationship.

### Common issues that bring couples to counselling

- Lack of trust
- Jealousy
- Lack of communication
- Different sexual needs or other sexual issues
- Family conflicts
- Betrayal or an affair
- Controlling behaviour
- Financial issues
- Life changes
- Repeating patterns of stress in the relationship

### What you can get from couple counselling

Your couple counsellor aims to provide the opportunity for you to explore your relationship difficulties in a safe, non-judgemental setting, where both partners can be heard. Exploring your relationship in therapy can help you gain a better understanding of yourself and your partner, to enable you to work together towards identifying and resolving your issues. Your counsellor will work with you towards achieving this and help facilitate the changes.

### What you will not get from couple counselling

Your couple counsellor will not give you advice on your relationship or my personal opinions. Your couple counsellor will not take sides in your relationship or make your partner change.

### Making the most of each session

Couples who get the most out of therapy are usually those who both use their session time to increase awareness, learn new skills and are actively involved in getting what they want from the sessions.

### Who offers couple counselling?

Sue Crossland

Jill Ulman