

RELATIONSHIP COUNSELLING

HELPING YOU TO ENHANCE YOUR RELATIONSHIP



When your relationship is under stress it can be difficult to create a bridge between you and your partner, despite the best intentions. Couples can often find that there have been many “minor” issues and normal everyday stresses that have built up to create a large amount of hurt and disappointment.

Challenges in a relationship are to be expected, but at times you can feel caught in a pattern of conflict or emotional distance. You can use counselling to change unhelpful patterns and to strengthen your connection.

What happens in Relationship Counselling?

You can discuss sensitive issues with your partner in a supportive environment and practice ways to continue this approach in day-to-day life. As a couple you will build resilience to the normal ups and downs of life and be more aware of warning signs so that you can avoid a downward spiral in the future.

You will learn more about each other and be supported to replace patterns of blame – either towards your partner or yourself- with empathy. There will still be an invitation to consider change, being guided by a greater understanding and sense of acceptance.



What types of issues can be addressed?

Common topics that couples can successfully work through are:

- Difficulty with conflict and ongoing arguments
- Unsatisfying & ineffective communication
- Distancing & loneliness in the relationship

- “Falling out of love”
- Parenting & conflict over roles
- Intimacy & sexual difficulties
- Affairs & jealousy
- Impact of health and/ or addiction issues (e.g. alcohol)
- Preparing for marriage or commitment
- Achieving work/life balance

Many couples decide to try counselling when their relationship is in a lot of difficulty. Counselling can be effective at times of crisis but it is also very effective as a preventative approach at early stages of dissatisfaction or problems.

The positive focus of relationships counselling also makes it a helpful resource for couples at different stages of their relationship such as preparing for commitment or marriage; re-partnering after divorce; arrival of a new child; or after children leave home

How long does the process take?

This will depend on how difficult and entrenched the difficulties are. It is common to expect between five to ten sessions. Initially the counselling would be weekly and this can then extend to fortnightly or monthly. “Check up” sessions are also beneficial to keep strengthening the connection in your relationship and to take positive life lessons learned from difficult situations

Contact

Phone: 03 9529 4114, 0413 844 898

Email: info@commonground.net.au

Web: <http://www.commonground.net.au>

Address: Suite 1, 10 Little Chapel Street, Prahran (in “Rechabite Hall”), Victoria, 3181