

# Couples Counseling

Why do people seek couples counseling?

Many couples come into counseling because they feel that something has been lost in their relationship, and they have no idea how to get it back. Others seek counseling because they cannot communicate with their partner about what really matters to them without getting into a conflict or feeling misunderstood. Still others fear they are splitting up, or they can't commit to each other and need to get perspective on the situation. There are so many reasons a couple might feel in need of a safe place to talk about what's going on in their relationship.

Areas addressed in counseling include:

- Communication
- Stress Management
- Crisis (e.g., Loss, Transition, Illness)
- Commitment
- Trust
- Intimacy & Sexual issues
- Infidelity
- Money
- Pre-marital counseling
- Anger / Conflict Resolution
- Unresolved Conflicts / Resentments

Goals of counseling include:

- Ability to communicate and listen well
- Better management of reactivity and anger / Experience of containment
- Capacity to feel compassion for oneself and one's partner
- Understanding of negative patterns and coping strategies from the past
- A sense of the potential for the future