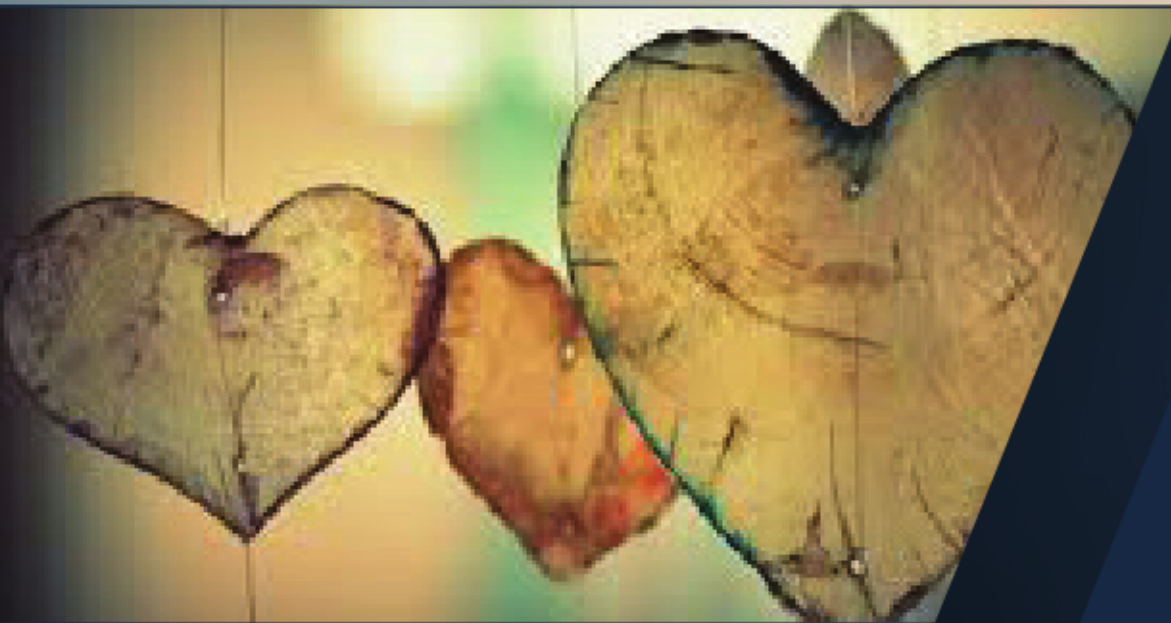


Relationship counselling

– getting it right



Kate Stuart-Hutchins
Counsellor

Relationship counselling

Getting it right



- › Do you want to be experiencing genuine, harmonious relationships?
- › Do you know there is a better version of your life that you can be living?
- › With the right counsellor and a positive approach, you can achieve this and much more.

We know you have the ability to love openly and honestly and be loved in return. We know with the right help your relationship can get back on track. Think about the time you have wasted being unhappy, think about the wasted tears and make the choice to move forward and regain your love and your life.

The right counsellor

What will the right counsellor do for you and your relationship:

- › Help you both develop communication skills that enable you to listen carefully and express your needs
- › Help you reconnect with your partner
- › Regain your intimacy, emotional and sexual
- › Learn how to disagree without harming your relationship
- › Assist you to respect family relationships including in-laws and step-children.
- › Learn about each other's history and identify any "raw" spots to be aware of
- › Help you to understand and acknowledge your partners struggles and fears
- › Assist you in identifying and communicating your fears and challenges within the relationship

- › Develop skills to be able to tackle issues that come up in the future
- › Stop the pain.



Considerations when choosing a relationship therapist.

Flexibility

The right counsellor understands that not all clients are the same and not all appointment options suit everyone. Most counsellors offer 60-minute appointments during business hours. It can be hard enough for one person to get away from work let alone two of you. We offer flexible appointments of varying lengths and appointments after hours to suit you.

The first appointment with a new counsellor can be nerve-racking and create tension in your relationship. It is important to give both people time to have their say and feel heard. It is essential that you don't go away feeling that you didn't get enough time to share your initial thoughts and concerns. Anyone who has had counselling knows how fast an hour can go and it is important that one partner doesn't feel unheard. That is why the first session with any couple should be a minimum of 90 minutes. Anything less than this can be difficult on your relationship as you may go away from the session feeling a little resentful.

In some relationships where there is a lot of arguing and tensions are high it can be beneficial to get in and do some serious work straight away. This sets you up for real progress in a shorter period of time. We offer you the ability to attend for a 3-hour intensive. This opportunity means that the fighting can stop sooner and as a couple you can work towards finding your closeness and intimacy again much quicker.

Sometimes when you are experiencing distress in your relationship your partner can be reluctant to seek help with you. They may simply be at a different point in the path towards relationship repair. This shouldn't prevent you from seeking assistance and reaching out for support. Having the opportunity to attend relationship counselling as an individual and eventually being able to transition this to couples sessions offers greater flexibility for you and where your relationship is on the road towards recovery and reconnection.

Choose the right person

When you are going through relationship counselling it is important that you feel supported, not just while you are in the session but also when you leave. Questions or issues might come to you in the middle of the night that you just cannot get out of your head. You might find that either one of you reacts in unexpected ways to issues that were raised in the session and you feel like there is no progress being made.

The opportunity for email contact in between sessions is important to the success of your counselling outcomes. To be able to communicate your thoughts safely and in a timeframe that suits your needs is essential. Knowing your therapist is there for you no matter what happens gives you the freedom to express and explore your emotions. With someone who supports you both in that way, you can be open and honest knowing you won't be judged.

Considerations when choosing a relationship therapist.

Why wouldn't I choose a low cost or no-cost service?

If you want your relationship to be the best you should work with the best. There are definitely some good therapists working at low-cost service agencies however you want to work with someone who is the best in the field. You need to work with a therapist who has made the decision to work exclusively with couples who are committed to repairing their relationship.

Therapists working at low cost or no-cost agencies usually work with a mix of clients including those clients who are court mandated to attend therapy due to parenting orders or domestic violence situations. Whilst this provides an invaluable service to the community it can create a situation where the therapist is overworked and overwhelmed. Primarily these therapists don't specialise in relationship repair, they don't specialise in couples therapy. They are good at what they do but if you have an issue you should see a specialist to guarantee the best possible outcome.

Choose someone who is qualified and professionally registered.

Relationship therapy is a significant investment. You need to make sure your investment is a wise one. Check that your therapist is qualified, ask them what degree they have or for details about any relevant training they have completed. It is also important your therapist is registered with their relevant professional association such as The Psychotherapy and Counselling Federation of

Australia (PACFA) or the Australian Counselling Association (ACA). Registration with PACFA or ACA ensures that your therapist is meeting annual standards of professional development, meaning they are staying up to date with recent development in the field and can offer you the latest and best researched therapies. You can ask to see a certificate of registration with the association or alternatively check the professional association website.



Considerations when choosing a relationship therapist.

Real results supported by scientific research

Make sure your therapist has been trained in evidence-based therapies supported by scientific research. That way you will know that the methods they are using are legitimate and have been shown to work for other couples. Feel free to ask your therapist about the therapies they use, the success of these therapies and any detail you require to feel comfortable with their approach.

You need to be sure that you are investing your precious time and money in relationship therapy that actually works. Ensure that your therapist is using techniques that have evidence to support their effectiveness. Using Emotionally Focused Therapy when working with couples has been shown to be incredibly effective, couples get results, their relationships improve. Don't waste time working with out-dated, unsupported, unproven techniques.

Given the widespread use of Emotionally Focused Therapy by specialist therapists across the world, a substantial body of research looking at the effectiveness of EFT now exists. Studies find that 70-75% of couples move from distress to recovery during therapy and approximately 90% show significant improvements.

We have the network of professionals to help you should other issues arise.

Sometimes when a couple is going through therapy together issues arise for one of them that need to be addressed outside the couples therapy environment. Using a service that has other professionals available to help is important and also very convenient. Access to qualified psychologists who can assist with a range of issues including childhood trauma, PTSD, depression or anxiety is invaluable and will ensure the process of reconnecting as a couple doesn't stall or breakdown.



Kate Stuart-Hutchins - Counsellor
0403 575 555

kate@stuarthutchins.com.au
www.counsellingcouples.com.au