



Couple Therapy

In marriage counseling and couple therapy, I help the couple rebuild a sense of hope as they do the hard work of dealing with relationship problems and issues more effectively.

Counseling and therapy for couples can help partners:

- ❖ Make the commitment to work to improve the relationship
- ❖ Deal with past hurt
- ❖ Learn communication skills
- ❖ Accept one another without being judgmental
- ❖ Reconnect with each other
- ❖ Improve how to relate to each other
- ❖ Deal with money problems
- ❖ Build intimacy and create the sexual life you want each other
- ❖ Manage difficult personality traits and behavior
- ❖ Relate assertively without being critical
- ❖ Parent more effectively together
- ❖ Negotiate roles/responsibilities each partner wants to commit to
- ❖ Accept one another's extended family
- ❖ Become clear about lifestyle choices
- ❖ Build empathy and understanding
- ❖ Caring for yourself and managing life with partner with a mental diagnosis/illness

