



About Couples Counselling

'When the roses are fading, it's time to bring back the sparkle'

Thinking about Couples Counselling?

Are you having difficulties with your loved one? Things not as rosy as they used to be? Don't leave problems to fester and get worse. Talk to a counsellor and get things back on track!

Most couples experience problems at times. This is understandable, given that two unique individuals have come together. Two different sets of desires, habits and life views are mingled. Not an easy or simple scenario! Things may go well for a while.

But often, as you get to know each other more, problems and differences can arise. Knowing how to solve them so that both parties can get their needs met can be tricky, especially if you both want different things. How can both be pleased and satisfied? Exploring problems with a counsellor may be just the help you need. Your counsellor can help you explore behind the scenes and find what's missing.

What is Couples Counselling?

Couples Counselling, (Marriage Counselling or Relationship Counselling) concerns the relationship between two people when they are in an intimate relationship (usually sexual although not necessarily) and usually (though not always) living together. The couple could be heterosexual, homosexual, married, divorced, de-facto, separated, or single.

Couples seek counselling to improve their relationship, or to help end it. For intimacy and sexual difficulties, a specially trained sex therapist is required.

Other therapists have their areas of expertise, such as communication, personality, or family therapy. If children are involved and the relationship breaks up, you may want specialist help to manage things.

When Counselling is Needed

If the relationship has been going smoothly, it can be a shock when things first go wrong. The desire to protect the relationship and prevent things from getting worse can prompt couples to seek help. Or the problems may have been happening for a long time and the couple or one of them thinks it's finally time to do something.

Counselling can help couples better understand each other and each other's needs. Often not knowing what each other wants and not meeting those wants lie behind the cause of problems. Once each has a greater understanding of the other, progress becomes easier.

What if only one person comes?

Sometimes only one partner comes counselling. The other sees it as a threat or a symbol of defeat. They have always managed to fix things up in the past, so why not now? If one person comes at first and things start to improve, it may influence the other person to change their mind and come also.

The more that both parties are involved, the easier it is to solve problems. Unless you are present to put your concerns forward, how do we know what you really want, or how you see the problems? Each person has their own area of needs and knows best what they most want. So, although one party may start the process, it is better for you both to be involved.

What else affects couples that I need to know?

An often-neglected issue is *personality*. Personality shapes our attitudes, desires and behaviours. Each personality type sees things slightly differently and wants different things. Unless understood, the differences can cause conflict, especially in intimate and couple relationships.

The *Enneagram* is a uniquely accurate model of personality types. Learning about your Enneagram type can throw light on the differences between people and how they see the world, what their most important concerns are and what matters most to them. We have found that by integrating the Enneagram into couples therapy that the causes of many relationship problems are easier to identify, making solutions also easier to find.

What's more, learning about your Enneagram types can be valuable even if you don't have serious problems in your relationship, as it can enhance your understanding of each other, thereby enriching and protecting your relationship before problems occur.

If you would like help with Couples Counselling or to learn more about the Enneagram, get in touch with us via the details below. Don't let things keep on getting worse. Act while there is still time to repair things and get back that loving feeling! You can book your sessions via the website Counselling Booking Calendar, where you will find details of generous discounts.

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