



Information Sheet: Relationship Counselling

What is Relationship Counselling?

When things go wrong it can be natural to turn to family and friends. However, sometimes they can take sides and are not able to see the situation clearly.

Relationship Counselling is a type of psychotherapy which helps couples and individuals recognise and resolve relationship conflict. Relationship counselling you can make thoughtful decisions about rebuilding your relationship or help you decide what the best way forward is for both of you.

Who can benefit from relationship counselling?

Many types of partnerships can benefit from relationship counselling, including couples who are married, in a civil partnership, preparing for marriage, preparing for divorce, bisexual and transgender couples and couples who are unmarried. Relationship counselling typically includes both partners but sometimes one partner chooses to work with the therapist alone.

The issues people typically bring to relationship counselling include:

Communication problems, incompatibility, sexual difficulties, infidelity, parenting issues, financial issues, and work-related issues.

What CCL offers:

We offer a confidential relationship counselling service which starts with an Access Stage.

The Access Stage is an opportunity for you to discuss the issues that have brought you to therapy. It is also an opportunity for you to see if you can work with the counsellor and if you can work together as a couple in counselling.

If you decide to proceed with counselling, appointments are normally weekly and 60 minutes in duration. Relationship Counselling is often short term but longer term Relationship Counselling is also available from CCL.

Our relationship counsellors are trained in psychotherapy and relationship theory. Their role is not to take sides, nor make judgements but to help you find a way forward that is right for you. They work within CCL policies and procedures and abide by the Ethical Framework of the British Association for Counselling and Psychotherapy (BACP).

Costs:

The Access Stage costs **£75** per session (four sessions in total);

Counselling appointments cost **£35** each. The maximum number of counselling sessions you can have is 30.

If you wish to access the service or find out more about it see the contact details below.

Other sources of Information:

Websites: Tavistock Centre for Couple Relationships, www.tccr.ac.uk

Self-help book: Men are from Mars, Women are from Venus: How to get what you want in your relationships, John Gray, (2002), Thorsons (HarperCollins)