

Couples usually come to see a therapist because they have some relationship difficulties. They might feel disconnected and misunderstood. Their communication may resemble constant arguing rather than relating to each other. Dissatisfaction might be experienced in a variety of aspects of the couple's life and one or both partners might have a sense of being alone feeling stuck in their relationship. Couples Therapy assists in recognizing problematic areas, learning more satisfying ways of communicating needs, and relating to each other so that each partner has a sense of being valued. It is a process of learning how to repair ruptures in the relationship so reunion can be achieved and intimacy rebuilt. It assists in developing a mutually satisfying relationship where both partners have a sense of fulfillment, connection and support in growing individually and as a team. Sometimes Couples Therapy helps realize that going separate ways is the best decision.