



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

COUPLES COUNSELLING AND RELATIONSHIP THERAPY

What is Couples Counselling and Relationship Therapy?

There are often lots of myths and stereotypes surrounding what Couples Counselling or Relationship Therapy is and what it involves.

The picture often created is that people only access support when their relationship has reached breaking point and the relationship (whatever relationship that may be) is about to break down completely.

Of course, many clients do attend counselling and therapy at this breaking point. However, many do not. Some couples attend sessions when they notice some changes in their relationship and want to address it before those problems get worse. Others come along to sessions because they have realised that a friendship is no longer working for them and they want some support making a decision regarding what to do about it. Others attend sessions because they feel sad or distressed about their current or past relationship with a parent or family member and what to explore what that means for them and how they can move forward.

In other words, our clients come to Couples Counselling and Relationship Therapy for many different reasons and at different stages of the relationship being a problem. Some want to look at past relationships that might have already ended. Others want to attend therapy, as a couple, to address some of the things that might have brought them to that breaking point. There are no right or wrong ways – it's all unique for each individual client or couple.

We provide:

- **Couples Counselling: this is 2 people attending, as a couple, with 1 therapist**
- **Relationship Therapy: this is 1 individual attending, for relationship concerns or problems, with 1 therapist**

Whether you're on your own, single, married, living together, gay, bisexual, straight or transgender or identify in some other way - we're here to support you. Again, you can attend as a couple for Couples Counselling or as an individual for Relationship Therapy (whether that's for a past or current relationship, future relationship fears, friendships, relationships with parents or caregivers, relationships with family members or work colleagues).

Our therapists are warm, understanding, supportive and patient practitioners who aim to tailor therapy to each individual or each couple who accesses our services. Remember, what works for one person, might not work for another and that's absolutely fine.

Whether you are attending therapy and counselling as a couple or as an individual, the therapist will assist you in identifying what issues or concerns you are facing in your relationship (or have faced in previous relationships). You will then, with the help of the therapist, identify some goals for therapy – sometimes these are micro-goals to help you achieve the larger, overall goal or aim of therapy.

Therapy and counselling can be short-term or long-term and this will depend on what you as an individual, or as a couple, wish to attain from attending therapy sessions. The therapist will regularly review sessions with you to see how things are going to. Therapy and counselling are at your pace and tailored to your needs and way of working.

It's important to note that the role of the therapist or counsellor is to facilitate change and bring about a resolution for example, by helping you both communicate more effectively and reach your own conclusions under professional guidance. The therapists or counsellor won't tell you, or your partner, what to do. Neither will they give you the answers regarding, for example, whether or not you should separate as a couple, end a relationship or cut off contact with a family member. These will be your decisions; however, the therapist or counsellor will support you in identifying and exploring the options you feel are open to you.

Some issues and concerns that might be explored during Couples Counselling and Relationship Therapy include:

- Lack of Trust/Difficulty Trusting Others
- Lasting Influence of Previous Relationships (Romantic, Intimate, Friendship, Work, Family, Other)
- Betrayal or Affair
- Jealousy
- Lack of Communication/Communication Difficulties
- Difficulty with Other Family Members Affecting Your Relationship
- Financial Issues

- Low/No Conflict Resolution
- Work-Related Stress
- Other Life Stresses
- Different Sexual Needs or Other Sexual Issues
- Family Conflicts
- Bullying
- Manipulation
- Co-Dependency
- different goals and values in life
- shared loss/grief/bereavement
- different parenting styles
- life changes (e.g. house/location move; mental or physical changes; loss/grief; redundancy/unemployment; education; living separately; finances etc.)

This list is not exhaustive and there are any other issues and concerns that individuals and couples face in their relationships that may not be listed here.

If you have any questions or need more information, please feel free to get in touch.