

Therapy and Support Services for Couples and Individuals

The Therapy Clinic offers a flexible range of therapy and support services for couples and individuals who are experiencing difficulties within their relationship. Sessions can be arranged for couples together and/or for individual partners as appropriate.

Couples Separating or Engaging in Mediation

- ❑ Emotional support for couples and/or individuals who are contemplating separation or currently going through a process of separation
- ❑ Support for couples or individuals who would benefit from being able to clarify or deal with emotional issues prior to or alongside engaging in a formal mediation process
- ❑ Individual or couple sessions to help with unblocking emotional obstacles to effective communication
- ❑ Help with dealing with anger and developing skills to enable de escalation of conflict

Couples Seeking Help to Resolve Issues or Deal with a Crisis

- ❑ Sessions for couples experiencing difficulties or crisis in their relationship who want to find resolution and would benefit from a therapeutic space to enable them to communicate, explore and understand the issues between them.

Separated or Divorced Couples who are Co- Parents

- ❑ Sessions to facilitate a successful re negotiation of parental roles
- ❑ Help managing difficult conversations with children
- ❑ Help in dealing with grief, loss and disappointment
- ❑ Support in managing issues related to establishing newly blended families