

Whether you are pre-marital/pre-cohabiting or have been together a while and hit a bump in the road; relationship counselling could help you understand yourself and each other, resolve issues and improve communication and intimacy.

Using diagnostic assessments to give insight into your relationship dynamics, relationship counselling could strengthen your partnership and future together.



## How do we get started and what can we expect?

- 1 Book your initial session via the QR code or website below. This initial session is a time for you to get comfortable with me as your therapist and for me to get to know you, hear your story, and your relationship concerns. I may suggest completing an online assessment (additional cost), that provides diagnostic information over different relationship domains (e.g. conflict, communication, parenting, etc), that can then be used as part of your relationship therapy plan.
- 2 After the initial session, I will start to tailor your therapy plan to your specific priorities and needs as a couple, and outline this for you. A total of 10-12 sessions is initially recommended and is reviewed as sessions progress. You will also be asked to sign a counselling agreement for the duration of therapy.
- 3 Quite often, couples' priorities and needs change over the course of therapy as new insights and experiences emerge as a result of sessions. This is where the overall therapy plan is flexible and is adjusted to your unique couple experience. Hence, I am guided by you, and will adjust therapy accordingly.

## Additional information

- No obligation to continue therapy if you don't think my service is right for you
- Relationship Sessions are \$100 per session and payment is at time of booking
- All Relationship Sessions are 1hr30mins duration
- In-person 9AM-6PM (Mandurah) or Online sessions 9AM-8PM



Request a session here