

## Couples Counseling

The goal of couples counseling is to help a couple deal appropriately with their immediate problems and to develop a healthier approach in communicating the needs. With the help of a qualified clinician, couples can bring stability; happiness and communication back into their relationship thus, bringing positive changes to all that are impacted by their relationship.

Couples therapy is a useful modality of help for couples who are experiencing any of the following:

- Repetitive arguments
  - Lack of Communication
  - Feelings of distance or emptiness in the relationship,
  - Pervasive feelings of anger, resentment and or dissatisfaction
  - Lack of interest in affection or in a physical relationship with one another.
  - Drug or Alcohol Abuse
  - Loss of trust in your partner
  - Blended Family conflicts
  - Financial strain causing stress in relationship
  - Procrastination
  - Episodes of depression (feeling hopeless, helplessness)
  - Isolation from friends or family
  - Emotional abuse/physical
- METHODOLOGY**

Before the relationships between the individuals can begin to be understood, it is important for all to recognize and acknowledge that everyone involved has a unique personality and background. Sometimes the individuals in the relationship adhere to different value systems. Institutional and societal variables (like the social, religious, group and other collective factors) which shape a person's nature and behavior must be recognized. A tenet of relationship counseling is that it is intrinsically beneficial for all the participants to interact with each other and with society at large with the least conflict possible.

Occasionally relationships get strained, meaning that they are not functioning optimally and maladaptive patterns have emerged. There are many possible reasons for this, including ego, jealousy, anger, poor communication/understanding, etc. Often it is an interaction between two or more factors, and frequently it is not just one of the people who are involved that exhibit such traits.

A viable solution to the problem of setting these relationships back on track may be to reorient the individuals' perceptions – Personal change on how one looks at or responds to situations. This implies that they make some fundamental changes in their attitudes. The next step is to adopt conscious structural changes to their inter-personal relationships.

AAR Counseling Services provides a confidential, safe place to develop the tools needed for a healthy and meaningful relationship. Call today 1-800-289-7102 and get the help you both deserve.