



CORK COUNSELLING CLINIC
PSYCHOTHERAPY · MEDIATION · COACHING



OVERVIEW TO COUPLES COUNSELLING



Couples Counselling

Couples often come to therapy with the hope of remaining together, seeking professional help to address and resolve the difficulties that have become apparent to one or both partners. Couples counselling is not just about managing crises; it is also about deepening the connection and understanding between the couple to enhance their overall relationship quality. When both people are committed to the process, therapy can serve as a transformative experience that not only resolves conflicts but also strengthens their partnership.

There are several reasons couples seek therapy and it's beyond the scope of this pamphlet to delve into the all, as couples difficulties are unique to each couple. However there are a number of problems that we see here in the counselling clinic which present more often.

For instance many couples seek therapy due to communication difficulties, which can lead to ongoing misunderstandings and feelings of neglect or resentment. This breakdown in communication is often the root of many other relationship issues, including emotional disconnect and conflict. Another common challenge is a sense of growing apart, where partners may feel that differences in personal development, interests, or life paths have created a divide between them. This can result in a loss of romantic feelings, leaving partners feeling more like roommates than lovers.

Infidelity is another significant issue that brings couples to seek counselling. An affair can cause a deep fracture within the relationship, challenging the trust and foundational agreements between partners. Dealing with the aftermath of requires careful, compassionate intervention to heal wounds and rebuild trust.

Issues around commitment can also arise, particularly if one or both partners are hesitant to deepen their involvement or move forward with major life decisions together. Additionally, interference from family of origin (the family each person grows up in) can strain the couple's bond, with external pressures and expectations contributing to stress within the relationship.



So what happens in Couples Counselling?

The counselling process typically begins with an assessment phase, where a therapist here in the counselling clinic identifies the specific issues and dynamics impacting the relationship. This initial stage is most beneficial for setting relationship goals and tailoring the approach to the couple's needs.

Enhancing Communication

One of the primary focuses of couples therapy is to enhance communication skills. The psychotherapist supports the couple in techniques for active listening, expressing feelings and needs without assigning blame, and creating a shared language that encourages empathy rather than conflict. Improved communication allows couples to tackle conflicts more effectively and share their thoughts and feelings in ways that foster understanding and closeness.

Rebuilding Trust

In cases where trust has been damaged, such as infidelity, the therapy focuses on rebuilding that trust. This involves addressing underlying issues and re-establishing commitment to the relationship, coupled with actions that are transparent and consistent. The hurt that partners feel is worked through as well as articulating their needs and feelings regarding the betrayal and learning to gradually extend forgiveness based on their partner's efforts to make amends.

Addressing Emotional Injuries

Counseling also explores deeper emotional injuries, helping both partners to understand and heal from past hurts that may influence their current interactions. This process might include individual sessions where partners can delve into their personal histories and emotional past that they bring into the current relationship.



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Enhancing Connection and Intimacy

Therapists at the clinic often work with couples to enhance emotional intimacy, which can involve exploring and supporting activities that both partners enjoy, instituting regular quality time together, or intimacy-building exercises that emphasize both physical and emotional closeness.

Deciding the Future

Ultimately, therapy facilitates a space where couples can make informed decisions about their relationship's future. This may involve renewing their commitment, changing dysfunctional relationship patterns, or sometimes, making the difficult decision to part ways. These conversations are guided by the therapist, who helps partners articulate and explore their deepest feelings and concerns.

Couples counselling is a powerful tool for those looking to resolve issues and enhance their relationship. The process not only addresses immediate problems but also fosters a deeper understanding and connection between partners, helping them make informed decisions about their future together. Whether the outcome is a rejuvenated relationship or a respectful separation, couples therapy offers support to both partners to move forward with greater awareness and mutual respect, equipped with the tools for healthier, more fulfilling interactions in the future.

**You can contact us by phone 089 600 9460 / 021 439 7552 or
through our website www.corkcounsellingclinic.ie**

We will be happy to take your call and look forward to working
with you in creating a harmonious and strong relationship.

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