

## Couples Therapy

We welcome you to relationship therapy at Ray's Room. We know the benefits for couples of working with a therapist to strengthen your relationship and navigate times of challenge. We are passionate about supporting you to resolve conflict, to improve communication and deepen your emotional connection.

Therapy is beneficial for couples at any stage of your relationship, whether you are dating, engaged, married, or in a long-term partnership and we support all couples.

Our therapists are highly qualified and draw upon a diverse range of approaches including Emotionally Focused Therapy (EFT), the Gottman Method and Imago Relationship Therapy.

Here is a little bit about each approach.

**Emotionally Focused Therapy (EFT)** is a popular and evidence-based approach that is used to improve attachment and bonding in adult relationships. Developed by Dr. Sue Johnson, EFT recognises that emotions are at the core of our interactions and that negative patterns can develop when emotional needs are not met. Drawing upon EFT, we help couples identify and express their underlying emotions and vulnerabilities, strengthening a secure emotional bond between partners. The process involves creating new patterns of emotional responsiveness, enhancing trust, and building a safe and supportive emotional connection. EFT is effective in reducing relationship distress and improving overall relationship satisfaction.

**The Gottman Method** was developed by John and Julie Gottman and is based on extensive research analysing couples' interactions and behaviours. This approach emphasises the "Sound Relationship House Theory," which identifies key elements necessary for a successful relationship, such as trust, commitment, emotional intimacy, and effective communication. We support you to recognise and address communication patterns that may lead to conflicts and help you to build skills to strengthen your connection, manage conflicts constructively and nurture mutual respect. The Gottman Method is known for its practical tools and techniques that couples can apply in their daily lives to maintain a healthy relationship.

**Imago Relationship Therapy** was created by Dr. Harville Hendrix and Dr. Helen LaKelly Hunt. This approach aims to help you understand your past experiences and how they impact on your current relationship dynamics. By identifying and healing past wounds, you can learn to empathise with each other's emotional needs and create a more conscious and fulfilling connection. Imago Therapy also incorporates effective communication techniques to enhance understanding and empathy between partners and this is a very powerful way to help you feel heard and understood.

Benefits of Relationship Therapy:

**Improved Communication:** Relationship therapy can help couples learn effective communication skills, promoting openness and understanding in their interactions.

**Conflict Resolution:** Therapists assist couples in addressing conflicts constructively, preventing destructive patterns from taking root and escalating.

**Strengthened Emotional Bond:** Approaches like EFT focus on building a secure emotional connection, leading to a deeper sense of intimacy and closeness.

**Increased Relationship Satisfaction:** Therapy can improve overall relationship satisfaction and happiness, leading to a more fulfilling partnership.

**Enhanced Self-awareness:** Couples gain insights into their individual needs, fears, and triggers, fostering personal growth and self-awareness.

**Long-term Relationship Success:** By addressing underlying issues and learning healthier relationship habits, couples increase the likelihood of a successful, long-lasting partnership.

Our therapists will make you feel welcome. Often couples have first session nerves for a range of reasons including that they're not sure what to expect. We talk you through the process, put you at ease, are guided by you and will ensure that you feel as relaxed as possible as we work with you to navigate the concerns you would like to explore in your relationship.

We experience great outcomes in our couple therapy work. Many couples go from feeling disconnected, in challenge and struggling to overcoming their conflict, to finding connection again and working out new ways of navigating difficulties with greater awareness, skills for communication and strategies to overcome challenges.

We look forward to working with you.