

Relationship Counselling

My approach to relationship counseling is dependent upon what a couple seems to require most at the time that they first seek help. The approach changes over time as the couple begins to make positive changes in old patterns of behaviour. The idea that couples "train each other up" in certain behaviours, both positive and negative, is explored as individuals begin to look at how they have developed their particular relationship dynamic. Words such as "Fault" and "Blame" are discouraged due to their obstructive and negative application, replaced in favor of terms such as 'personal responsibility' and 'co-creation'. The Myers Briggs Personality Inventory is often employed to create better understanding of individual differences and how these can be misinterpreted in the crucible of relationship. Strategies for coping better with relationship challenges are made explicit and homework encouraged. Sessions are instructional, educational, supportive and quite often humorous as common pitfalls in relationship are exposed and more useful techniques developed.