

Couples Counseling

Couples counseling involves regular private meetings between a couple and the therapist. The focus for Couples Counseling is to help recognize unhealthy patterns of communication and behavior in the relationship, and learn to replace these with healthier alternatives. The goal is both problem resolution and an increase in mutual understanding and empathy. Successful couples therapy leads to a closer and more connected bond that also protects each partner's autonomy.

Couples therapy sessions are 60 or 90 minutes in length. I provide traditional in person sessions as well as SKYPE sessions.