

# FREE RELATIONSHIP CHECK-UP



## Common Trouble Spots

- “We just don’t talk or touch anymore, I feel totally shut out... I miss us. How can I get that back?”
- “I want to stay, but the drinking and drugs have started again... what do I do?”
- “I’ve tried, but how can I rebuild trust after the affair?”
- “Since the baby we don’t have time for each other anymore and I feel like I’m failing at this. What can I do?”
- “All we do is fight about money, it’s like nothing else exists”
- “My partner wants to end the relationship, but I don’t”

## Improve your relationship by

- Mastering the art of communication
- Learning tools to increase intimacy and bring the “spark back”.
- Developing specific knowledge to manage issues including
  - Parenting
  - Grief and loss
  - Alcohol and other drugs
  - Gambling

## Where are we?

**Ringwood North:** Chrysallis Consulting Suite, 164a Warrandyte Road, 3134

**How do I get started?** Call (03) 9999-7482 to make your FREE first half hour consultation.

## Relationship Counselling Model

Research has shown professional and confidential relationship counselling, even with just one person, is overwhelmingly a positive activity. We have an innate attachment need that drives us to seek contact and support with others; without it, we are more likely to feel lonely and depressed. Yet, interpersonal conflicts can arise in our family, romantic relationships and workplace. Having a small argument with a family member may seem trivial; however prolonged or intense disputes can become very distressing.

Interpersonal Therapy (IPT) is an evidence-based counselling model that focuses on various aspects of interpersonal interactions and disputes. It is time-limited, solution focused and provides relief of symptoms, improved interpersonal functioning, and helps to increase social support. When future interpersonal difficulties arise, individuals can use the skills learned in IPT to tackle their problems more successfully.



### What does it involve?

The program consists of five stages you work through with the guidance of the counsellor. It is a collaborative approach and involves a monitoring and revision process throughout all stages, to ensure the solutions to deal with interpersonal difficulties are tailored to meet your needs and relationship goals.

<b>STAGE 1: Identify Interpersonal Problems</b>	The first two counselling sessions work on identifying the key interpersonal difficulties that are the “fuel” for the current problems. For example, continual conflict with a spouse; having a demanding boss; being bullied by family members or friends; or not having enough support from loved ones.
<b>STAGE 2: Exploration and Clarification</b>	In session three and four, the above difficulties are examined in more detail. This includes exploring yours and others perceptions and expectations. Sometimes our perceptions may not be an accurate portrayal of the communication patterns. The counsellor can help with identifying the specific problems, and help you explore other adaptive ways to communicate “hard feelings” and convey your needs.
<b>STAGE 3: Problem Solving</b>	In session five, the counsellor works collaboratively with you to find solutions. The focus may be seeking clarity, improving effectiveness of communication, seeking support, or finding manageable solutions that can realistically be implemented to support real sustainable change.
<b>STAGE 4: Implement Solutions</b>	Before the implementation of proposed solutions, it is important to practice the new skills and strategies in the session with the counsellor, who in this stage works as your ‘relationship skills coach’. This helps you to troubleshoot the difficulties that arise both in the session and then once again when you have implemented the solutions in your home, school or workplace. This stage of the program requires you to commit to completing out-of-session tasks and engage in reflective practice.
<b>STAGE 5: Revision and Support</b>	The final session focuses on helping you revise what has worked, how to manage potential barriers to sustainable change, and links you in with community and/or other supports as required.

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