

Couples Counselling



Most relationships will have conflict at times however if the conflict is persistent or affects your quality of life, it can have a negative impact on self-esteem and general well-being.

Maybe you:

- Argue all the time
- Don't communicate well
- Feel like you are moving in different directions
- Feel that there's no way out.

Holyoake's Couples Counselling is a therapeutic intervention designed to reduce stress and create a more secure connection between partners.

We assist couples to:

- Identify negative patterns of communication
- Develop strategies to de-escalate these negative cycles
- Open up communication about emotions and feelings to improve closeness and intimacy .

This counselling is available to couples who may or may not be affected by alcohol, drugs or other addictive behaviours.

**NEED TO
TALK TO
SOMEONE?**



**To make a referral or
to find out more, please
phone (03) 6224 1777**