

Couple Counselling helps ease the Strain on Family Relationships

More and more couples are turning to counselling for help as the demands of day-to-day life puts increasing strain on relationships.

Simon Santosha, Managing Director of Men & Family Counselling and Consultancy said many couples were struggling to deal with numerous competing demands.

"Most of the couples I see are dealing with everyday stresses like the birth of a baby, raising children, work pressures, financial stress or step and blended family issues. The increasing stress on their relationship means many couples start to argue more frequently and spend longer periods away from the family and each other as a way of dealing with the conflict.

"Couples often talk without hearing or understanding each other and start to feel a sense of despair and frustration, as each time they try and resolve their issues it leads to more misunderstandings and arguments. This can lead to feelings of being disconnected in the relationship," he said.

Mr Santosha said a common mistake made by most couples and especially men is thinking that a relationship just happens and doesn't require attention.

"I often ask men what would happen if they bought a new car and just drove it without getting it serviced or when the wheels started to get wobbly and the engine started to make funny noises they just ignored it and kept driving. The car of course would break down.

"We tend to think we can just get into a relationship and keep driving along. Relationships, like cars, need regular tune-ups. It is a cliché that for men the

relationship is good as long as they don't have to talk about it and for women it is good as long as they can talk about it.

"A lot of men initially resist couple counselling not wanting to talk about their relationship issues, and like the car with the funny noise they ignore the problem until it is too late. But for those that do seek help they generally come away with a stronger relationship," he said.

Mr Santosha said the number of couples seeking professional help from his counselling service has steadily increased as people experience first-hand the positive changes this timely intervention has bought to their lives.

"Most of us want to be in a stable, loving relationship with a partner, but we don't know how to achieve this.

"Couple counselling provides a space where each person can talk and start to feel listened to. It is a place to reconnect with each other and to sort out issues without the fear of it turning into another fight. A large part of couple counselling is learning skills to respectfully resolve conflict and communicate with each other in a way that brings you closer together.

"Couples learn how to deal with relationship problems more effectively, feel more comfortable expressing their concerns with each other and feel much more positive about their relationship," he said.

For more information or to make an appointment contact Simon on (07) 5559 1303 or email: simon@menandfamilycounselling.com.au



Feeling disconnected from your partner?
On-going conflict that doesn't get resolved?
Dealing with separation, divorce
or co-parenting?

www.menandfamilycounselling.com.au

Men & Family Counselling and Consultancy are the family relationship specialists.

Services include:

- Men and family relationship counselling
- Couple counselling
- Women's counselling
- Mental health issues
- Youth and family therapy



PH: (07) 5559 1303 F: (07) 5559 1839 M: 04111 44519 simon@menandfamilycounselling.com.au

We are located at: Mudgeeraba Professional Centre, Suite 5 Building A (A5), 50-54 Railway St, Mudgeeraba Qld 4213

Appointments available Monday to Friday 8am to 5pm. **Early morning, after hours and weekend appointments also available.**