

What a Welcome Relief...

The choice to take your relationship into counselling is possibly the most courageous one that the both of you may make together.

You can trust Dean Richardson as your qualified couples counsellor. Dean has over twelve years' counselling experience in the Hampshire & West Sussex areas. He has worked with different forms of relationships and couples' relationship problems.

This leaflet will explain couple relationship counselling, how it can help you both and what's next after reading this.



Important Note...

Dean is not just a qualified counsellor, he is also a qualified couples counsellor. Not all counsellors who work with couples have taken specific training in couples counselling. Even if you choose another counsellor, for your safety please ask about how they are qualified to work with couples.

Contact me:

02392 987 487

enquiry@iCounsellor.co.uk

On the web at <http://iCounsellor.co.uk/couples/>



Practices at:

The Marple Cross Centre, 32 Little London,
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Couples Counselling



Dean A. Richardson
Couples Relationship Counsellor

When a relationship suffers serious conflicts, partners can find themselves unable to emotionally disengage from the problems. Despite all best efforts, they can be left in despair at not being able to negotiate a compromise.

This would be the time when working with a qualified couples counsellor can be a valuable, independent asset for the both of you ... together.

About Dean Richardson

Qualifications:

- Accredited Member of the British Association for Counselling & Psychotherapy.
- UKRCP Registered Independent Counsellor.
- Dip Psych Counselling (CCS/BACP accredited).
- Dip Systemic/Psych Couples Counselling (CCS).



Experience:

- Over twelve years counselling practice.

Counselling Practices:

- Practices in Southsea and Chichester.



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Transformation through Counselling

Portsmouth & Southsea and Chichester

A Safe Place for your Relationship...



Choose Dean Richardson, MBACP(accred), UKRCP Reg., Dip Psych Couns, Dip Couples Couns, as your qualified and experienced BACP-accredited Couples Counsellor.

Who is it for?

All sorts of couples come to counselling for all sorts of reasons. Those experiencing a negative recent event, or one from years ago, infidelity, mistrust, life stages, birth, aging, death ... they all have an impact on relationships.

Will the counsellor fix us?

The counsellor is a neutral participant who doesn't impose solutions. Instead he offers observation, curiosity and therapeutic hypotheses about the relationship's behaviour. This is aimed at perturbing your relationship's "system"

sufficiently to allow for inspiration & enable the relationship to become unstuck.

What happens?

We meet weekly, together and for 50 minutes. Initially we'll discuss what we think the focus of the couple work should be—this is particularly important when assessing if couple counselling may or may not be suitable for the couple.

When a focus is agreed, the sessions are less agenda-orientated, and more free-flowing, although still attend-

ing to the original focus.

How can it help?

In aiming to help the couple help *themselves* in understand-

... the systemic therapist does not offer normative views, nor prescribe solutions for the couple...

ing what's going on in their relationship, the couple can teach themselves to become unstuck. With new understanding a couple is more able to make

changes by themselves for the better.

Separation...

Couple Counselling can sometimes help a couple to separate, or at least allow the topic of separation to be discussed.

One or both partners may think about separation during any part of the counselling work, and talking about it does not necessarily mean it's going to happen.

Platonic Relationships.

Couples Relationship Counselling is also suitable for other forms of partnerships: business, friendships and other non-intimate relationships between two individuals.

Domestic Violence.

Couples Counselling can also assist in addressing relationships with domestic violence.



Beginning Counselling...

- Arrange an appointment with me - both of you will meet with me together.
- We'll begin to discuss what the focus of our work should be, take some history & discuss your hopes for counselling.

With you every step of the way.

“My intention is to help you navigate through the changes that you both want to bring to your relationship. I know that this can sometimes be tough work, and my promise to you both is that I will be there with you every step of the way.”