

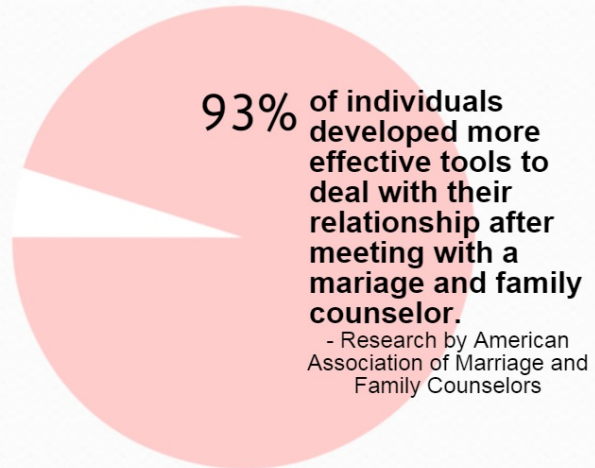
Giving Couples Counseling a Try



Could couples counseling help you beat the odds of divorce? Couples counseling can improve your relationship before and during marriage, enhance your relationship and communication, and get you on the road to a happier future.

Why Couples Counseling?

If you are seriously concerned about your relationship and wonder if it needs help, chances are it does. The earlier you make a decision to seek couples counseling the better. Couples can also seek counseling prior to making a serious commitment to increase their chances of a successful relationship.



What Happens in Couples Counseling?

When you meet with the couple's clinician, you will share information, explore issues, and clarify the challenges or concerns you face. You may meet individually or as a couple. You may be asked about past relationships and life events in order to create strategies for change or improvement.

What if My Partner Won't Go?

If your spouse or partner refuses to go to counseling, it does not mean that your relationship can't be helped. Couples counseling often starts with one person, with the more reluctant partner joining later. Even if your partner never joins, it is still possible to make significant improvements in your relationship.

How Your EAP Can Help



Your EAP can provide you with couples counseling or assist you in finding mental health professionals in your community. The clinicians will help you define expectations, improve communication skills, and work toward the goal of developing skills to enjoy the rewards of a warm, affectionate and supportive relationship.

Tips for Couples

- Look for the positive - Catch your partner doing something right and compliment them.
- Take a "time out" if issues get heated.
- When you have made a mistake, offer a sincere apology.
- Take time to truly listen to your partner and provide support.
- Carve out "couple time" when you are able to focus on each other.

For more information, contact McLaughlin Young EAP at 800.633.3353 or 704.529.1428

This information is not intended to replace the medical advice of your doctor or healthcare provider.