In this video, I'm going to tell you about what couples therapy is and what you get out of a couples therapy programme. So, why should you consider couples counselling? You might consider couples therapy if you want improved communication, intimacy, sex life, or all three. So what do you learn in couples therapy? What you learn in couples therapy is to understand, recognise and act differently in response to the patterns between you and your partner that can pull you apart, so to speak. All the things that make us feel that we are at odds with each other and that it just doesn't make the relationship or love between us super easy or great. And how does couples therapy work? In couples therapy, I help you zoom in on all the everyday situations where you clash. We double-click into what's going wrong between you, where the chain breaks, what's triggering you and what's making it difficult for you to resolve things together. You'll see where you're out of sync with each other, and you'll learn new strategies and methods for listening to each other, talking to each other from your own perspective and being better at both accommodating your own reactions without necessarily reacting to a trigger, but also accommodating what the other person has to say without having to take full responsibility for their feelings. So you're learning something about being better at staying in your own lane and being better at expressing your needs, setting clear boundaries for each other and talking more openly and listening to each other. Usually, or so I see time and time again, it results in greater intimacy, greater love, a better sex life, and courage for the future together again, if it's been too downhill, then it gets repaired and levelled out again.