

RELATIONSHIP THERAPY Programs

Couple & Marriage Therapy



Partnering or Marriage is a partnership of two friends who choose to come together to form an alliance to walk through life together. It is the closest relationship we can share with another person and is based on intimacy and trust. Entering the arena of love provides you and your partner with life lessons that lead to your personal emotional maturity.

The success of Partnering is the application of one's Relationship Ability, Knowledge and Skills. A lack in any of these elements often results in unhappiness in the relationship. A failed relationship can greatly affect our health and happiness unconstructively; hence we do well to take charge to enhance our ability to love with knowledge and skills.

Marital Counselling aims at empowering couples in 3 areas:

1. RELATIONSHIP ABILITY

When a person develops his or her ability to love, he or she can then fully enjoy all relationships. This ability includes being able to show empathy, to have compassionate, to be affectionate, warm, supportive, understanding and so on. The qualities we long for in our partner...

The Pivotal Relationship

Love is an action that requires knowledge, skills and capacities. Yes, the capacity to love. Our capacity to love is first determined by the conditioning we receive from our primary caregivers – intimacy, trust and acceptance. Our ability to receive and to reciprocate often mirrors that of our primary caregivers. Yet, the Pivotal Relationship one must eventually learn is your relationship with yourself. This is often the 'missing' link to authentic love.



(Each partner: 3 - 5 sessions of DNMS-RDP therapy, Self Love)

Family of Origin Lessons

We learn so much about how to “be” from our parents, primary caregivers and other early influences. If one partner (or both) experienced a high conflict or unloving household, it can be helpful to explore that in regards to how it might be playing out in the marriage. Couples who have an understanding of the existence of potentially problematic conditioning around how relationships work – are usually better at disrupting repetition of these learned behaviors. We'll explore what each of you might have brought into your marriage from the past. The experience you each had in your families of origin with parents or primary caregivers is part of the tapestry of what makes up who you and your spouse both are and what you learned about relationships. Whether we like it or not, many of us repeat behaviors we saw or experienced. Sometimes we even pick partners who remind us of the negative

and positive traits of our parents! At the very least, we often relate to our intimate partners with a certain attachment style similar to what we learned in very early childhood, a response to the quality of emotional attunement we received by our primary caregivers.



(Each partner: 3 – 5 sessions of DNMS-NMP therapy, Attachment Wounds Treatment)

The Resentment Build-Up

When issues between couples remain unresolved, resentment can build up. Over time, this would lead to a build-up of bitter anger and hurt feelings that can eventually destroy the love in a relationship. The longer those feelings go unexpressed or invalidated, the higher the “mountain” of resentment can get. When trust is broken (eg. Infidelity or betrayal), how to rebuild it again? Not unless one heals from the hurts and wounds.



(Each partner: 3 sessions of Marriage Needs Meeting Therapy - Deep Healing of hurts and wounds)

2. RELATIONSHIP SKILLS



To succeed in any relationship, it takes skills – skills that enable us to relate effectively to people we interact with.

Relationship Skills are not inborn and can be learned. Effective Relationship Skills allow little room for misunderstanding and help us create healthy bonds with our loved ones.

Relationship Skills (3 Couple sessions)

- **Healthy Communication** (Know yourself – MBTI) - Identify 15 Distorted Thinking Styles and destructive communicating patterns.
- **Conflict Resolutions** (Establish good boundary limits and framework of intimate relationship)
- **Emotional Safety Levels:** Emotional safety is one of the most important elements of a healthy relationship and represents the quality of the attachment or bond between you and your partner. Ask yourself whether you view the other as a “secure base” in which to return to. Eight aspects for consideration: Respect, trust,

feeling prioritized, feeling heard, understanding, validation, empathy and love.

3. RELATIONSHIP KNOWLEDGE

The dictionary definition of a relationship refers to "*the state of having a connection or correspondence or feeling that prevails between persons or things*". But there is more to a relationship than just a connection.

A genuine relationship is two-sided, takes place over a period of time and is strongly reliant on trust. It has value to both parties, but it also brings with it costs in terms of time and commitment.

Any relationship would have a past, a present and a future. When people come together to have a "shared future", it means long-term on-going relationships.

A shared future is a challenging concept since it means that both parties have to understand what has happened in the past and how the other will help them get to where they want to go.

Understand Your Relationship (2 Couple sessions)

Our sense of identity and self-worth often rests on the strength of our relationships. We shall examine the 3 'C' factors that are uniquely yours to predict the strength/ weakness of your partnership.

- Chemistry
- Compatibility
- Commitment

Redefining Your Marriage (2 Couple sessions)

- Individual's outlook/ beliefs of marriage – Family-of-origin
- Integrated vision of marriage
- Couple Boundaries/ Basic Needs – Emotional/ physical/ spiritual/ familial/ financial/ intellectual

Who needs Couple or Marriage Therapy?

- Couples who want a more rewarding partnership
- Couples who are unhappy with their partnership
- Couples are the verge of a permanent break up but still have feelings for each other
- Couples who think they have irreconcilable differences
- Couples who have separated and want to reconcile

Should you feel you have not done well, now you know you can acquire, repair and build your precious relationship with confidence! **It's not what you know but what you don't know that had contributed to your Relationship challenges.**

Contact Raffles Counselling Centre at 63112330 to learn more about this Couple/ Marriage Therapy.

Safeguard your love, safeguard your happiness.