

Nurturing Relationships: A Guide to Couples Therapy

THE IMPORTANCE OF COUPLES THERAPY



50% of marriages end in divorce worldwide.



Couples who participate in therapy are 30% less likely to divorce.



COMMON CHALLENGES IN RELATIONSHIPS

67% of couples report a decline in relationship satisfaction after the birth of their first child.

55% of couples argue about money at least once a month.

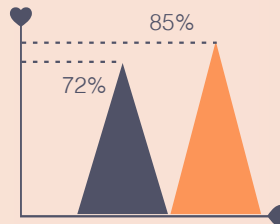
BENEFITS OF COUPLES THERAPY

70-80%

of couples who undergo therapy experience lead to significant improvements in relationship satisfaction

74%

of couples report better communication skills after therapy.



85% of couples experience increased emotional intimacy through active listening. **72%** of couples find conflict resolution techniques helpful in resolving disputes.

TIPS FOR A HEALTHY RELATIONSHIP



Communication
Trust
Respect
Boundaries
Patience
Empathy
Compromise

Appreciation
Support
Quality time
Understanding
Forgiveness
Intimacy
Laughter

Honesty
Independence
Equality
Kindness
Gratitude
Flexibility
Acceptance



SEEKING HELP



Couples **wait an average of six years** before seeking help for relationship issues.

Couples therapy is **most effective when both partners actively participate.**



CHARTINGPATHWAYS
COUNSELLING

Our therapeutic approaches are based upon supporting the needs and goals of each client who courageously takes the initiative to reach out for support. We create a safe, trusting space in therapy through non-judgmental and non-pathologizing approaches. As such, we provide client-centered and individualized therapy tailored to the uniqueness of each client. **ChartingPathways.ca info@chartingpathways.ca**

<https://projects.isr.umich.edu/eym/>
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4115001/>