



Mental Health for the Rare Disease Community

COUPLES COUNSELLING

Thank you for making contact to arrange an Initial Meeting for Couples Online Counselling.

Here are some FAQ's. Feel free to ask your Counsellor any further questions when you first make contact.

Couples Counselling begins with an initial consultation?

You will spend some time exploring with your Counsellor what has brought you to counselling, the nature of your difficulties, and what you both might want to get from coming. Logistics such as session times, frequency etc will also be talked through.

Meeting for an initial consultation (60 minutes) also allows you the opportunity to talk together afterwards about whether you would like to continue with further sessions, and whether therapy feels right for you both at this time, before committing to further sessions. It is important that you feel comfortable enough both with your Counsellors approach, and the idea of therapy overall.

What sort of things can we talk about?

Whatever it is that is negatively impacting on your relationship. This might include how to resolve conflicts or differences, different emotional coping styles, the impact of your child/ren's needs on your relationship or family life, issues in your immediate or wider family or making difficult choices. It might include dealing with the impact of (non) diagnosis, experiences with healthcare professionals, coping with treatments, coping with low mood or anxiety, sexual issues, loss and bereavement, or worries about the future.

Next step, if you decide to proceed with couples counselling

It can help you find ways of understanding and managing difficult feelings or dealing together with situations differently. A couples counsellor provides a supportive and non-judgmental environment to help explore the issues or problems between you and find a way of understanding and managing those difficulties between you in a new way.

How often will sessions happen?

We will discuss this together in the initial consultation. It is helpful to make a regular day and time for sessions, and there may be logistical considerations for you both to consider in this regard (i.e. work/caring commitments, childcare etc)

How long will we come for?

This depends on what you both want, what is possible, and what feels useful. We are able to offer 6 - 12 sessions depending upon your needs and the Service demand. If it would be helpful for you to see a Couples therapist for longer, then we can explore together what might be possible in that regard too.

How long is a session?

60 minutes.

Do we always have to come together?

Yes. A big part of couples' therapy is being able to talk with each other in a neutral setting with the help of an experienced third party.

If it becomes apparent during the course of your therapy that either one (or both) of you would find it helpful to see an individual counsellor or therapist too, then I can make some suggestions about accessing individual counselling too.

Is it confidential?

Yes. Therapists are bound by a professional Code of Ethics which includes confidentiality. This means that no information will be disclosed about you to a third party without your agreement. There are a few exceptions to that which will be explained in your initial consultation and are primarily if you or another person was felt to be at risk of significant harm.

If you have any questions about confidentiality, do please feel free to raise them in our initial meeting.

What if we want to stop coming once we have started ongoing sessions?

Therapy can feel both helpful and challenging. It is not unusual to have times when you do not want to come, but letting your Counsellor know this and talking it through can be very helpful. If you feel unhappy about the counselling in any way, it is important that you feel you can raise that with your Counsellor.

If you do feel that you want to stop coming, just let your Counsellor know. Sometimes that in itself can be helpful in terms of understanding your needs or situation better.

Is there anything we need to do before an initial consultation?

It can help to think both individually - and together - how you would describe the nature of your difficulties, and how (or whether) either of you think counselling might help. Sometimes there are unresolved issues from your history together, or patterns that you think might keep repeating themselves (either in your own lives, or in your extended family)

that you might want to think about before you come. There might also be particularly difficult experiences that have happened in relation to your child's illness or diagnosis, that it will also be helpful to let your counsellor know about.

Also, thinking ahead to each of your availability to attend regular counselling sessions, should you decide this is what you want to do.

We look forward to meeting you both soon.

Rareminds Couples Counselling Team