



Counselling Support As Your Relationship Ends

The end of a marriage or long-term relationship can be enormously complex, practically and emotionally. The future, as you both saw it, is now going to be very different. Some people choose to attend counselling to end the relationship with support, consequently actively investing in a new and positive future.

How Counselling Support Can Help

Having time with a neutral, non-judgemental counsellor provides the opportunity for each person to have a say, talk openly about difficulties and plan a new life apart.

There are many reasons relationships end; every couple relationship is as unique as the people involved. The process of legal separation or divorce can be very practical and system focussed meaning the emotional impact is left unacknowledged. Finding an opportunity to deal with some of the complex feelings of anger, sadness or fear for example can open the way to a happier future.

If the relationship will be ending absolutely it can be helpful to ensure unresolved feelings are not harboured into the future which can lead to unhappiness and relationship difficulties long after the divorce or split.

If however the relationship needs to be maintained in some form, usually where there are children, counselling can provide a platform to create and establish new relationship rules and boundaries. For example, considering ways communication will be most helpful for each person going into the future, children and parents can develop a positive and healthy new relationship beyond the end of the couple relationship. This preparation and planning for a future apart enables stable, clear parenting at the same time as promoting freedom to build a new independent life for each adult.

What To Expect

I am an experienced individual and relationship counsellor who will support you both with respect and without judgement. I work within the boundaries of the BACP Ethical Code of Practice and support the aims and Code of Practice set by Resolution. You can expect the highest standards of confidentiality and integrity as I work with you proactively towards ending your relationship as a couple.

- An initial individual 60 min session
- 2 or 3 joint 90 min sessions each with a specific purpose.

These joint sessions will be led by your specific circumstances and if you will be maintaining your relationship or it is to end absolutely.

The sessions will be spaced to fit with your needs/legal proceedings.

Flexibility for additional, individual or joint sessions can be agreed if requested.

Costs

Package of 2 individual sessions and 2 joint sessions	£345.00
Package of 2 individual sessions and 3 joint sessions	£450.00

Prices for flexible individual sessions can be discussed.

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