

Commonly Asked Questions and Concerns

Will the therapist take sides?

As an Emotion Focused therapist, I don't take sides because I don't believe that either party is to blame. I believe that it is the dance, or negative cycle, that a couple has created over the length of their relationship that prevents them from coming together. In Emotion Focused Therapy (EFT) the belief is that both parties are innocent victims of the dance they have created for themselves. My job as a therapist is to help each of you get out of your own way so you can find your way back to each other.

Will the therapist tell us to break up?

Unless I feel there are safety concerns in a relationship, I will never tell you to end it.

We are just too far gone. It feels hopeless.

There are many of reasons not to give up. If you are like most couples, even the unhappiest of couples, you have invested a lot of time and emotion into your partner and your relationship. If you CAN save the relationship, and if you CAN learn to come together again, the payoff is huge. Many couples who find a way to come back from the brink report that their relationship is stronger than it ever could have been had they never gotten to the brink in the first place.

If we need couples therapy doesn't that mean that we are so messed up in the first place we should just break up?

If your relationship is in trouble, it is VERY difficult to fix it yourself. You NEED a guide (and that is really what a good EFT therapist is) to help you find your way back to each other. EFT provides the roadmap. The EFT therapist is the guide you need to help you find your way. You just need to show up with an open mind and an open heart. It really is possible.

My partner wants to bring me to couples therapy to break up with me.

This does happen. It is hard to see into someone's heart to understand what motivates them. But even when someone does come just to break up, they can begin to see their partner and their relationship in a different way, increase their hope, and ultimately reach a level of satisfaction, contentment, and security in their relationship that they had previously thought impossible. I can't guarantee that your relationship won't end, but I can guarantee that I will fight for your relationship until you tell me to stop.

I have read that couples therapy is a waste of time and does not work.

Lots of couples therapy doesn't work. And sometimes it even makes things worse. That is true. Research has shown that it is very difficult for a therapist to make an INDIVIDUAL worse because just being there to talk to and support an individual has therapeutic value to that person. But that is not true for a couples therapist. A couples therapist who has no roadmap CAN make a relationship worse. EFT is the best researched and most effective couples therapy in practice today. Granted, it doesn't save every relationship, but it does achieve substantially better and more consistent results than most any other method out there. And it is almost always better than doing nothing.

Do we (or he or she) need individual therapy first?

I think we all know at some level that a bad relationship can cause stress, depression, and anxiety. But did you know that a GOOD relationship can help alleviate stress, depression, and anxiety, and that it can even reduce PTSD symptoms and help heal past trauma? That is what the latest research tells us. This is not to say that individual therapy is never appropriate. We can discuss options when we meet.