

FAMILY & COUPLES THERAPY

Self Reflections is dedicated to fostering *meaningful* relationships through our comprehensive family and couples therapy services, aiming to *enrich* your relationship with enduring *growth* and *understanding*.

PROCESS

Both our family and couples therapy services follow the below process.

Assessment Phase:

Our therapy begins with a comprehensive 90-minute joint session to outline the relational landscape. This is followed by individual 50-minute sessions, allowing each participant to voice personal experiences and views. The phase concludes with another joint 90-minute session to establish a collaborative treatment plan.

Treatment Phase:

Depending on the assessed needs, sessions will extend for either 90 minutes or 1 hour and 50 minutes, focusing on practical applications of therapeutic techniques to real-life relationship scenarios.

INVESTMENT

Investment:

- 90-minute session: \$390
- 1 hour 50-minute session: \$520
- For less intensive needs, a 50-minute session is available at \$260

In the words of Brene Brown 'we are hard wired for love, belonging and connection'. When our relationships are suffering, we suffer in such deep and painful ways. And even though we are trying to make changes and reconnect it can feel like we are going around in circles and not getting anywhere.



WHAT TO EXPECT

Utilising a blend of Cognitive Behavioural Therapy, Internal Family Systems, Acceptance Commitment Therapy, and Dialectical Behavioural Therapy, we aim to enrich your relationships with enduring growth and understanding.

Exploring Therapy Options:

Our therapy sessions are tailored to address the unique challenges and dynamics of each family and couple. Whether you are facing communication barriers, emotional disconnects, or transitional life stages, our therapies are designed to strengthen your relationships and enhance emotional bonds.

Suitability and Commitment:

This program is specifically crafted for those committed to deepening their relationships and willing to engage actively in the therapeutic process.

It may not be the best fit for those seeking temporary solutions or not ready to explore deeper emotional patterns.

CONTACT

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