

# Marital COUNSELLING

The first session explores a couple's relationship difficulties, in particular the wife's concern at her husband's drug use.

1. The presenting problem
2. Exploring communication and conflict
3. Clarifying communication: having the conversation you need to have
4. Giving the clients space to explore conflict
5. Reconnecting with the positives: having a real conversation
6. Realistic goal setting

The second session focuses on the success of attempted changes in the relationship and explores a lapse by the client.

1. Dealing with a lapse
2. Exploring the meaning of drug use: shifts in perception
3. Joining around the problem and the solution

Sandy Williams, Clinical Psychologist, conducts the interviews.

Duration 57 mins.

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**THERAPEUTIC JOURNEYS**

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