Marriage/Couples Counseling

(and Coaching)

Purpose:

To help people learn and grow in the context of their intimate relationship

How it works:

1. Role of Facilitator: As your guide and facilitator Shelly Smith will teach you tools designed to help you:
* discover and acknowledge your own truth,
* learn how to express it effectively and responsibly with your partner, and
* learn how to listen effectively to your partner’s truth, with the intent on creating mutual understanding, support, and compassion.

She will also teach you tools for dealing with difficult emotions, as well as providing emotional support and validation of feelings.

She will offer tools and insights to help you gain better understanding of yourselves, each other, and the dynamics of your relationship.

1. As a client seeking change it is your job to:
* Be open to learning something new – about yourself and your partner
* Be willing to learn the tools taught in session and be willing to practice and implement them on

your own

* Communicate openly with your facilitator about how tools or suggestions feel do-able to you and how they don’t, as well as what you’re ready to practice/implement and not

The understanding between client and facilitator:

As a client, I understand that Shelly Smith cannot “fix” me, my partner, or our relationship. She can only teach us skills and tools as outlined above, which each of us, my partner and I, are responsible for practicing and implementing. I agree to communicate with our facilitator about any difficulty I have in using or implementing these tools.

I acknowledge that I can end couples counseling with Shelly Smith at any time and that I am responsible for my choices and decisions regarding my marriage and other aspects of my life.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Note from Shelly: “It is my experience that no matter how skilled the therapist or effective the tools taught, secrets or withheld truths undermine the relationship and the success of the counseling process. I am happy to assist in the timing and manner of important disclosures.”