

Relationship-Counselling

What can I do to get help if my relationship isn't going well?



The truth is that most of us can benefit from a different perspective on our relationship.

When there are problems between the couple, both people will have their own view of what is going wrong.

We are all very attached to our own viewpoint.

Relationship counselling gives both people the opportunity to look at the relationship through

fresh eyes.

Good counselling goes further than this. A professional counsellor (unlike well-meaning friends and relatives), is neutral. They are working for the **relationship**, not just for one person.

People sometimes worry that if they go to counselling, one of them will be blamed or made responsible for the troubles the relationship is facing.

Taking steps to help your relationship

The ideas raised here are explored in greater depth in publications available on this website, as well as courses.

In particular, you might like to read the following Ebook: **Relationship Essentials** by Paul Gale-Baker.

Go to relationship-counselling.com.au and select the Resources section. You will find information about the books.

You will also find courses in relationship skills, enrichment and intimacy in the Courses section of this website.

You can also sign up to receive Tip Sheet Updates as they are published.

I also offer individual sessions.

Paul Gale-Baker

TIP SHEET 1

This is not the counsellor's job.

An effective, skilled counsellor is able to help couples understand how the issues that are affecting them have arisen in the relationship. It is the job of the counsellor to provide a comfortable, non-judgemental environment for you to work in.

Often people worry that they will be expected to change. This can be very uncomfortable or feel to difficult. We are attached to our own sense of identity and don't want to lose this.

While it is true the individuals will have to make changes in the way they relate to each other, what really needs to change is the **relationship**. When we have this

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perspective, the couple is able to approach problems as partners,

rather than opponents.

Relationship issues are often difficult, painful and complex. Having a skilled third person to help can clarify the issues and provide a clear way forward to resolving problems.

The aim of relationship counselling is always to provide couples with a framework for a relationship which can be productive and satisfying to both people into the future.

Paul Gale-Baker

Paul Gale-Baker

B.A., Dip.Ed., M.Couns.
Clinical Member C.A.P.A.V.
Register Member PACFA.

Paul is a highly qualified and experienced counsellor and therapist in private practice in the suburb of Ivanhoe, Melbourne, Australia.

He is an internationally recognised teacher of the Voice Dialogue method and Director of Voice Dialogue Australia, which provides training for counselling professionals, as well as courses in relationship and personal growth for members of the public. He speaks publicly and writes on issues of relationship.



Please note:

The content of this Tip Sheet is intended for informational purposes only. It is not intended to replace counselling and therapy. If you or your relationship are in need of help, I

strongly recommend that you see a qualified professional.

Appointments can be made with Paul by going to the web site, by emailing paul@relationship-counselling.com.au, or by calling (03) 9444 7427 or 0408 733 683. The practice is located in Ivanhoe, Melbourne, Australia. Sessions are arranged by booking only.