

Client Type	What is this?	Treatments Offered	What is this?	
Couples	Improve your relationship	All relationships have experience challenges. Successful relationships are the ones that learn to harness their strengths and manage their weaknesses.	Narrative Therapy	The narrative therapist collaborates with the couple in constructing strong, positive stories about their relationship and deconstructing negative self-stories. In narrative therapy, "The person is not the problem, the problem is the problem."
	Relationship problems	Relationships have their challenges. Find ways to understand relationship problems and manage them.	CBT	This therapy works to replace unhelpful thoughts and behaviours within a relationship with more helpful ones.
			Person Centred therapy	This therapy sees the therapist providing support to the couple to direct their own treatment, based on the idea that the couple understand themselves better than anyone else.
			Narrative & Post Modernist Therapy	The narrative therapist collaborates with the couple in constructing strong, positive stories of relationship and deconstructing negative self-stories. In narrative therapy, "The person is not the problem, the problem is the problem."
			Psychodynamic therapy	Psychodynamic therapy refers back to clients' past life experience to understand why current events are problematic. It is based on the philosophy that if you can discover the life patterns that you live by, you can influence or change these patterns.
			Family systems	Family Systems therapy works with couples to improve the interaction between each other. It aims to help couples draw upon each others' strengths and wisdom, and encourages support from both members of the relationship.