

# COUPLES THERAPY

## Welcome!

You are looking for couples therapy and did contact me. Thank you for your trust. I would like to introduce myself, my therapy approach and the setting to you.

## Systemic couples therapy

Crises in a couple's life indicate a need for change and possibilities of growth. Within crises couples sometimes seek support through therapy. It is helpful if both of you want to take time to check out what needs to be done to change for better.

Within couples therapy we will reflect individual challenges:

- How do I feel in my relationship? What does show up for me?

And we will check out the interpersonal challenges:

- How are we doing as a couple? How do my experiences and ideas affect our relationship?

Within couples therapy there will be space for your emotions, thoughts, ideas, and behavioural patterns which might be challenging at the moment. We will reflect on helpful changes, new ideas and goals, you wanna set for yourself and your relationship. Furthermore we will explore which strengths you do already have and what will empower your relationship.

## Setting and my therapeutical background

Within my approach I include my knowledge about couple dynamics and challenges as well as knowledge from my well founded background as a clinical psychotherapist. Depending on your individual couples style and your needs I support you authentically, flexible and wholeheartedly. You will get resource- oriented impulses, which might help you to understand your relationship dynamics better. Then you might be able to find new coping strategies together. My aim is to support you on eye level so you are able to meet your partner on eye level (again) as well.

## First appointment

We will get to know each other within the first appointment. Here we will check out, what is challenging at the moment for the both of you. We reflect on goals and helpful changes and talk about the setting. Afterwards you decide if you want to work further with me. If so we will meet up again and start working towards your couple's goals.

**In preparation please reflect on the following:**

- What are our strengths as a couple?
- Why did you decide to start couples therapy? What triggered the crisis?
- What is most challenging for you at the moment?
- If couples therapy would be helpful, what would change? Within yourself? For you as a couple?
- What could be a helpful goal for the couples therapy process?

**Costs & settings**

Costs for couples therapy are normally not covered by (public) health insurance. Exceptions are sometimes possible, we can figure it out within the first session. Normally you pay as a private patient.

Prices are according the GOP (Gebührenordnung für Psychotherapeut:innen, single therapy and family therapy: 50 minutes for 100,55 €).

One session for couples therapy is

- **90 minutes: 180,99 €**

or

- **100 minutes: 201,10 €**

How often and how much we will meet depends on your request and needs.

I suggest that everybody is included when communicating through email. So everybody is aware of the process of communication (e. g. making appointments, changes, etc.).

I am looking forward meeting you soon. Kind regards,

**Katja Wrobel**

**Diplom - Psychologin/ Psychologist**

Systemic Psychotherapist

Systemic child, youth and family Therapist (DGSP)

Systemic Coach & Mediator (IFM Berlin)

Trainer for Social Justice & Diversity (FH Potsdam)

Somatic Experiencing Practitioner (in Training)