


RELATIONSHIP COUNSELLING



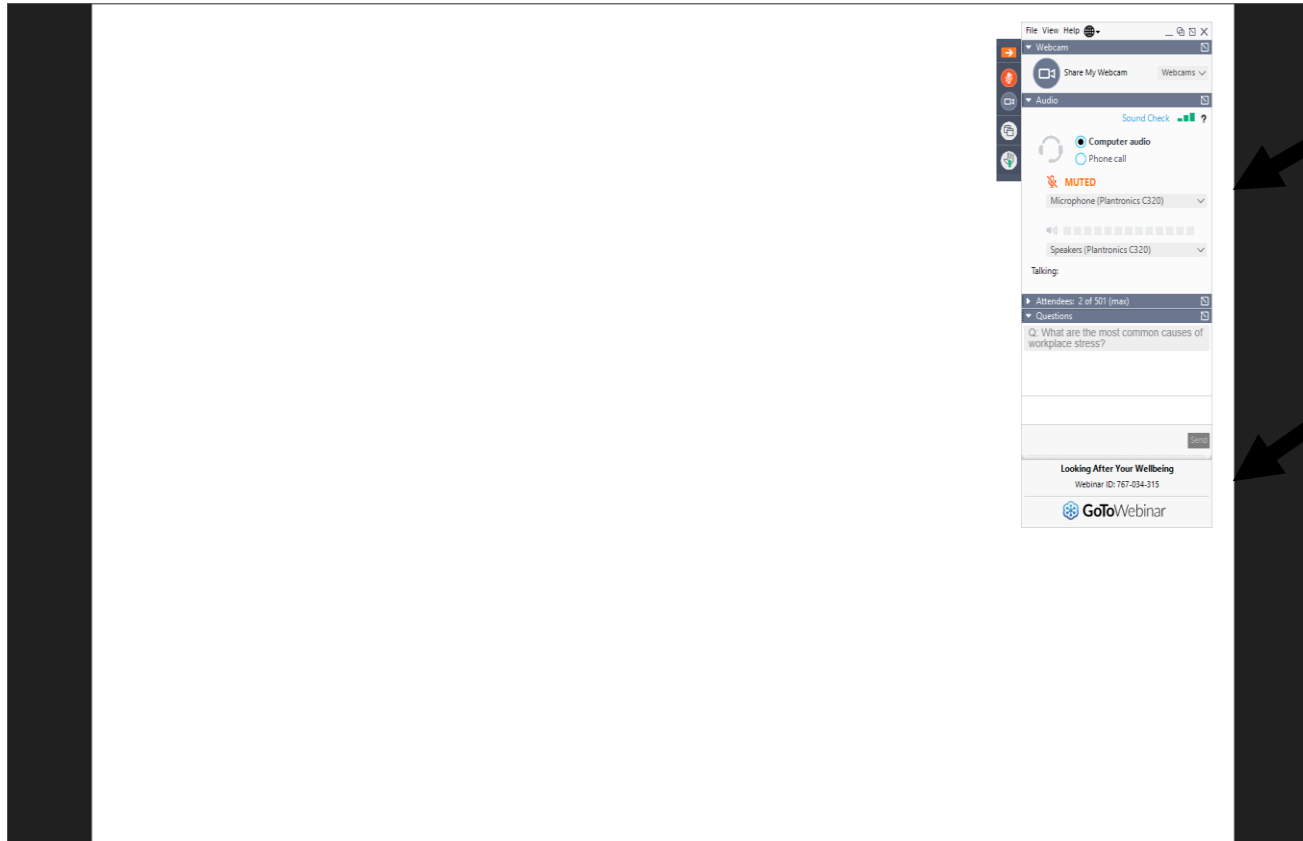
Everything you wanted to
know but were scared to ask!

DEE HOLMES
CAROL FLORIN-WHITE



Welcome to our webinar

If you are joining by computer, interact using the console on your screen:



The console will show audio levels of the speaker; your mic will remain muted.

Type questions, thoughts or comments and press 'send'. They will only be visible to the host of the webinar.

If you are joining by phone, please send questions, thoughts or comments to our dedicated email address: webinar@foryoubyyou.org.uk which is monitored throughout the broadcast.

Our vision is a lifelong
community of people
offering effective support
for each other when life
takes a turn for the worse.

Relate

What we offer and tips for maintaining a strong relationship

December 2019

Introduce ourselves and roles

Carol Florin-White, National Partnerships Manager

email: carol.florin@relate.org.uk

(Manage National Contracts held with a range of Benevolent Associations)

Dee Holmes, Senior Practice Consultant

email: dee.holmes@relate.org.uk

(Qualified Counsellor and supervisor in Relationship, Family , young persons and Childrens counsellor)

Talking head

Those frequently asked questions:

- What will happen when we come to Relate?
(Couples, Families and Young People)
- What if we have different agendas?
- Can couples get over affairs?
- What if we argue all the time?
- How successful is relate?
- Is counselling something lots of people access?

CFCS Funded Relate Counselling

CFCS currently fund the following for current and ex civil servants and their dependants:

- Adult Relationship Counselling
- Young Persons Counselling
- Family Counselling
- PST
- Most services are available face to face or digitally

How to access funded counselling ...

Two routes:

Voucher (most popular) allows access to 4 sessions of any of our services by completing a light touch form on the CFCS website

Full Application allows up to 6 sessions initially for all services and 12 for PST by going through full means test process

What happens next?

In both cases, CFCS supply you with a unique code and you contact us on a bespoke number to register for an assessment

If you and your counsellor agree more sessions are needed you can apply to CFCS for more sessions, you can also carry on by self funding if you wish

Q & A

Over to you for questions!

About Relate

- We celebrated our 80th anniversary in 2018 – so we are experts in relationships
- We have developed and changed in 80 years
- We support clients from a wide range of backgrounds to deal with a variety of relationship issues
- We don't just provide 'marriage guidance' – but we can if that's what you need!

The services we offer

- **Adult Relationship Counselling:** for couples, singles, heterosexual, same sex and polyamorous relationships
- **Psychosexual Therapy:** For anyone who is experiencing issues with their physical relationship as a result for physiological or psychological reasons

Services continued ...

- **Family Counselling:** can include nuclear and extended family members, separated parents, children and step families attending together or at different times. The focus is on the family system and improving the relationships in the family
- **Children and Young People's Counselling:** Predominantly for age 11 to 18 but children aged 5 to 10 can be accommodated in some areas. Deals with a wide range of issues including cyber bullying, anger, key life stages , family changes and lots more

Why people come to us

- Original couple fit goes pear shaped
- Work/Life balance gets out of sync
- Family Life stresses take their toll
- Life events crop up
- Infidelity by one or both partners
- Lack of desire for lots of reasons
- More.....

↳ Crunch Points ↴

Key life transitions/events can impact on relationships:

- Moving away from home/relocating
- Starting a family
- Buying a home
- Losing parents
- Promotion, redundancy and retirement

Affairs

Betrayal can lead to relationship breakdown - through counselling it may be possible to:

- Have a new relationship with each other after an affair
- Work through fundamental issues that have not previously been addressed
- Separate more amicably

Debt

Almost 4 in 10 adults who have been in debt said it had a negative impact on their relationship with their partner.

Common issues include:

- Different attitudes to debt and money
- Deceit/hiding debt from a partner
- The impact of an 'inherited' debt on a partner

Above all ... It's never too
late

Just a few sessions with a counsellor can
make a big difference!

Find out more about how we can help
and ways to get involved...

www.foryoubyyou.org.uk

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