

Anna Storey Counselling 07789 696711 info@annastorey-counselling.com

CASE STUDIES (all names and some case details have been changed to preserve confidentiality).

Couples Counselling

A couple, **Louise** and **John**, came to counselling because they started talking about a divorce. After several sessions they discovered the sticking point in their relationship: their attitude to "family time together".

John really loved and valued the time when they all sat at the table, ate and discussed the day's events. Louise absolutely hated it and stood up and walked out the moment she finished eating. We discussed attitudes to "family time" that were the norm in Louise and John's families of origin and how they felt about it. We talked about what this time meant for both of them and how they could arrange things to meet each other's needs.

The main thing was that now Louise and John were discussing their problem together and finding solutions, rather than arguing or sulking, as before.