



COUPLES THERAPY

Strong relationships don't just happen.

They're built with support, understanding and the right tools.

A focused start can create lasting change.



COUPLES START UP PACKAGE

A comprehensive, personalised approach to understand, reconnect and move forward—together.

A 5-STEP PROCESS DESIGNED FOR DEEP INSIGHT & MEANINGFUL CHANGE

1

COUPLES SESSION

We explore your relationship story, concerns, strengths and goals together.

2

RELATIONSHIP QUESTIONNAIRE

You'll complete a research-based questionnaire to gain deeper insight into your relationship patterns and dynamics.

3

TWO INDIVIDUAL SESSIONS

Each partner has a safe space to be heard and reflect on their experience and needs.

4

RECOMMENDATIONS SESSION

We come together to review the findings and provide you with a clear, personalised plan tailored to your relationship.

5

TAILORED RESOURCES & PRACTICAL SKILLS

Receive an in-depth personalised report, including customised resources and skills, targeted to your main goals, to help you communicate more effectively, build connection and grow together—in your own time.

FLEXIBLE OPTIONS TO SUIT YOUR NEEDS

Online Counselling

FROM ANYWHERE IN AUSTRALIA

Convenient, private and accessible from the comfort of your own home.

OR

In Person Counselling

AT MY REDLANDS OFFICE

A warm, welcoming space designed for connection and meaningful change.

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ACA REGISTERED COUNSELLOR