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Couples Counselling
Calgary
Calgary Couple Care



Couples Counselling Calgary - therapists

1. love story
2. trauma
3. therapists

Couples from all walks of life can find professionals who understand the specific dynamics and challenges they may face. Whether it's cultural differences, financial stress, or parenting disagreements, there's help available.

One of the primary benefits of couples counselling is that it encourages open communication. Often, partners find themselves stuck in a cycle of arguments or misunderstandings simply

because they aren't effectively communicating. *therapists* A counsellor acts as a neutral third party who can help facilitate these conversations, ensuring that both partners feel heard and understood. They can teach techniques and skills that couples can use outside of sessions to improve their interactions.

Moreover, couples counselling can help identify underlying issues that might not be immediately obvious. Sometimes, what seems like a disagreement about household chores might actually be about deeper issues like feeling undervalued or unsupported. A skilled counsellor can help couples delve into these underlying problems and address them, leading to more meaningful and lasting solutions.

It is also important to note that seeking counselling does not mean a relationship is failing. On the contrary, it can be a proactive step to strengthen a partnership. Many couples find that counselling helps them reconnect and re-establish the bond that brought them together in the first place. It's about growth, understanding, and building a future together.

However, finding the right counsellor is crucial.

Couples Counselling Calgary - love story

- marriage
- counselling
- marriage and family therapy

Couples should look for a professional with the appropriate qualifications and experience, but also someone they both feel comfortable with. The success of counselling often depends on the relationship between the counsellor and the couple, so it's worth taking the time to find the right fit.

In Calgary, there are many options available, from private practices to community services. Some couples may prefer in-person sessions, while others might opt for online counselling, which has become increasingly popular, especially in the wake of the COVID-19 pandemic.

Online sessions can offer more flexibility and convenience, which can be a significant advantage for busy couples.

In conclusion, couples counselling in Calgary provides a vital service to those who need support in their relationships. It offers a space for healing, growth, and understanding, helping partners to navigate the complexities of modern life together. For any couple considering counselling, it's a worthwhile investment in their future happiness and fulfillment. Despite the

challenges that may arise, with the right support, couples can find a path forward that brings them closer together.

Couples Counselling Calgary

About Attachment theory

An Inuit family is sitting on a log outside their tent. The parents, wearing warm clothing made of animal skins, are looking at each other and smiling. The child is sitting between them, holding a small toy.

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For infants and toddlers, the "set-goal" of the behavioural system is to maintain or achieve proximity to attachment figures, usually the parents.

Attachment theory is a psychological and evolutionary framework, concerning the relationships between humans, particularly the importance of early bonds between infants and their primary caregivers. Developed by psychiatrist and psychoanalyst John Bowlby (1907–90), the theory posits that infants need to form a close relationship with at least one primary caregiver to ensure their survival, and to develop healthy social and emotional functioning.^{[1][2]}

Pivotal aspects of attachment theory include the observation that infants seek proximity to attachment figures, especially during stressful situations.^{[2][3]} Secure attachments are formed when caregivers are sensitive and responsive in social interactions, and consistently present, particularly between the ages of six months and two years. As children grow, they use these attachment figures as a secure base from which to explore the world and return to for comfort. The interactions with caregivers form patterns of attachment, which in turn create internal working models that influence future relationships.^[4] Separation anxiety or grief following the loss of an attachment figure is considered to be a normal and adaptive response for an attached infant.^[5]

Research by developmental psychologist Mary Ainsworth in the 1960s and 70s expanded on Bowlby's work, introducing the concept of the "secure base", impact of maternal responsiveness and sensitivity to infant distress, and identified attachment patterns in infants: secure, avoidant, anxious, and disorganized attachment.^{[6][7]} In the 1980s, attachment theory was extended to adult

relationships and attachment in adults, making it applicable beyond early childhood.^[8] Bowlby's theory integrated concepts from evolutionary biology, object relations theory, control systems theory, ethology, and cognitive psychology, and was fully articulated in his trilogy, *Attachment and Loss* (1969–82).^[9]

While initially criticized by academic psychologists and psychoanalysts,^[10] attachment theory has become a dominant approach to understanding early social development and has generated extensive research.^[11] Despite some criticisms related to temperament, social complexity, and the limitations of discrete attachment patterns, the theory's core concepts have been widely accepted and have influenced therapeutic practices and social and childcare policies.^{[10][12]}

About Couples therapy

For other uses, see Couples therapy (disambiguation).

Couples therapy (also known as **couples' counseling**, **marriage counseling**, or **marriage therapy**) is a form of psychotherapy that seeks to improve romantic relationships and resolve interpersonal conflicts.^[1]

History

[edit]

Marriage counseling began in Germany in the 1920s as part of the eugenics movement.^{[2][3]} The first institutes for marriage counselling in the United States started in the 1930s, partly in response to Germany's medically directed, racial purification marriage counselling centers. It was promoted by prominent American eugenicists such as Paul Popenoe, who directed the American Institute of Family Relations until 1976,^[4] Robert Latou Dickinson, and by birth control advocates such as Abraham and Hannah Stone who wrote *A Marriage Manual* in 1935 and were involved with Planned Parenthood,^[2] as well as Lena Levine and Margaret Sanger.^[5]

It wasn't until the 1950s that therapists began treating psychological problems within the context of the family.^[6] Relationship counseling as a distinct, professional service is thus a recent phenomenon. Until the late 20th century, relationship counseling was informally provided by close friends, family members, or local religious leaders. Psychiatrists, psychologists, counselors and social workers historically dealt primarily with individual psychological problems within a medical and psychoanalytic framework.^[6] In many cultures, the institution of the family or group elders fulfill the role of relationship counseling; marriage mentoring mirrors these cultures.

With increasing modernization or westernization and the continuous shift towards isolated nuclear families, the trend is towards trained and accredited relationship counselors or couple therapists.

Sometimes volunteers are trained by either the government or social service institutions to help those who need family or marital counseling. Many communities and government departments have their own teams of trained voluntary and professional relationship counselors. Similar services are operated by many universities and colleges, sometimes staffed by volunteers from among the student peer group. Some large companies maintain full-time professional counseling staff to facilitate smoother interactions between corporate employees and to minimize the negative effects that personal difficulties might have on work performance.

There is an increasing trend toward professional certification and government registration of these services, in part due to duty of care issues and the consequences of the counsellor or therapist's services being provided in a fiduciary relationship.[⁷]

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Frequently Asked Questions

What are the typical costs associated with marriage counselling in Calgary?*

The cost of marriage counselling in Calgary can vary depending on the therapists experience and qualifications but typically ranges from \$100 to \$200 per session. Some therapists may offer sliding scale fees based on income. Its advisable to check if your insurance plan covers mental health services or if there are any local community resources that provide affordable options.

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