

# Relationship Support for Children's Services Employees



*I would like to thank Tavistock Relationships for helping us during a challenging time in our lives. The quality therapy we have received from our counsellor has enabled us to grow and we have found the experience to be invaluable.*

## Free online relationship support

Tavistock Relationships is offering free relationship therapy to employees of Dorset Council Children's Services. Our highly experienced practitioners work with both couples and individuals who are concerned about the impact of stress and other anxieties such as money, health, loneliness or overwhelm, on their relationships.

This free service provides up to five online sessions to explore how their current situation is affecting them and their relationships. Sessions are confidential and we have a range of session times including early morning, daytime, evening and weekend.

## How can relationship counselling help?

Our approach focusses on strengths in your relationship at times when you may feel strained or under pressure. We help couples to recover or hold onto their resilience during the ups and downs brought about by challenges, changes and uncertainty.

Our aim is to provide couples with the thinking space they need to be able to face the issues of living and working in demanding times, understand the stresses they are experiencing and mobilise their resources. Although the support provides up to five sessions, the benefits may be long-term.



“I felt I was going around in circles with my partner and now I feel like we are moving forward. I feel acknowledged and heard due to having another person with us during challenging discussions.”

## What is involved?

Once an appointment has been made, the couple or individual will meet online with a therapist for an initial meeting lasting 50 minutes. If, by the end of the initial meeting, it is agreed that this approach would be helpful, up to four further online meetings will be arranged.



## How do I book an appointment?

You can register for this service by contacting Tavistock Relationships directly via our online referral page

<https://tavistockrelationships.org/dorset-support>

or by contacting our team either by email [contact@tavistockrelationships.org](mailto:contact@tavistockrelationships.org) or by calling 020 7380 1960.

## About Tavistock Relationships

Tavistock Relationships is a centre of excellence for the advanced study and practice of couple psychotherapy. Our approach combines clinical expertise with in-depth theoretical knowledge and research. Each year we help thousands of people access high quality therapy through our range of affordable therapy services aimed at helping people with relationship difficulties, sexual problems and parenting challenges.

Tavistock Relationships, Registered Charity Number: 211058.

Company Number: 241618 registered in England and Wales. The Tavistock Institute of Medical Psychology.

*Certain photos posed by models for illustrative purposes.*

