

# Tavistock Relationships Couple's Perinatal Service

Couple relationship support  
in a child's first year

Weekly  
ongoing  
sessions  
available

Our Couple's Perinatal Service offers specialised relationship support from pregnancy up until your child is one year old. It is suitable for first time parents and parents who already have children.

## A time of change – why therapy can help

Becoming a parent is central to many couple relationships and is often a joyous event. However, the transition to parenthood can also bring unforeseen challenges which might throw parents into turmoil, leaving them feeling despairing and disorientated.

## Aims of the therapy



Such difficulties can impact family life and, if not addressed, may mean couples experience difficulties relating to each other. The aim of our work is to help parents establish a supportive parental couple in which both can form a bond with the infant, a bond that starts even before the baby is born.

## Our services

We offer:

- consultations to parents
- ongoing weekly psychotherapy sessions for couples and their infant.

Contact us today to find out more:

-  020 7380 1960
-  [appointments@tavistockrelationships.org](mailto:appointments@tavistockrelationships.org)
-  <https://tavistockrelationships.org>



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# Tavistock Relationships Couple's Perinatal Service

## A service tailored to your needs

Tavistock Relationships offers a safe, confidential and non-judgemental environment. We offer an initial consultation where we will assess the best service for the specific issues you are facing. We may offer a more extended assessment where necessary.

There is no set number of sessions, and you can attend as many weekly sessions as you need, from pregnancy up until your baby is one year old. We can also offer other services after the perinatal stage if you feel it would be helpful to continue with couple or family therapy.

## How are the sessions delivered?

Sessions take place weekly at the same time each week and last 50 minutes. We offer sessions online via webcam or in-person at City Wellbeing Centre, 75-77 Middlesex Street, London, E1 7DA.

## How to book

You can register and book a consultation with one of our therapists via our website.

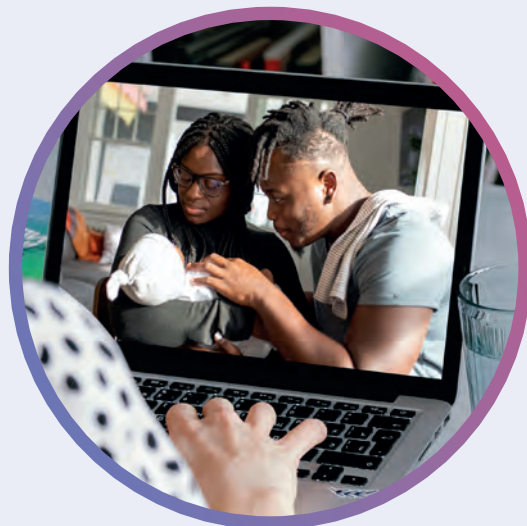
Fees per session range from £100-£180\* per session depending on your circumstances. We offer a limited number of reduced rate appointments for those who find our standard fees difficult to manage - please call or email us to discuss your individual situation.

## Why come to Tavistock Relationships?

- Tavistock Relationships is a world centre of excellence in the delivery and training of psychotherapy.
- When a couple relationship works well, it can have a very positive effect on mental health and children's outcomes.
- Over 90% of our clients have found therapy helpful and our model has been proven to be effective in the largest ever naturalistic evidenced study of psychotherapy\*\*.

\* Fees are correct at the time of publishing. Please see our website for current fees.

\*\* Source: Hewison et al. 2016.



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