



Relationship Counselling Services

The decision to consider couples therapy is often difficult. You may be considering couples counselling after years of trying to resolve repetitive unresolved conflicts. In many relationships each person is struggling to find better ways to end blame and resentment, and to move forward.

Relationship counselling aims to build hope and confidence and remove criticism and defensiveness. You explore how to increase respect and appreciation with each other, to reignite your closeness and intimacy. You can bring back that the love you have shared and look forward to the years ahead together.

About Elizabeth Williamson

Elizabeth is a highly qualified Social Worker (AMHSW) with over 30 years extensive experience helping people understand how to build great relationships and resolve conflicts. She is an accredited mediator, conflict skills coach and trainer. She has worked in workplace wellbeing, community development, private practice and other diverse settings, and held executive positions in innovative domestic violence and veteran services.

Elizabeth a skilled relationship therapist who trained directly with Drs John and Julie Gottman, attaining Level 3 training in the Gottman Method. She provides exceptional care, empathy, and demonstrates a high level of effective communication, rapport building, and a collaborative approach with clients. She is skilled in the assessment and development of treatment plans that enable you to build a satisfying, happy relationship.

To find out more about the Elizabeth Williamson, [click here](#) or go to www.elizabethwilliamsonsolutions.com

What is Gottman Method Couples Therapy?

Gottman Method Couples Therapy is based on over 40 years of research by Drs John and Julie Gottman about what it takes to make a great relationship, and what predicts relationship disappointment and failure. The Gottman Method is proven to be successful in helping couples re-ignite their relationship. The Gottman Method has great visual models and resources about the skills you need to build a resilient and happy relationship.

To find out more about the Gottman Institute and Gottman Method, [click here](#) or go to www.gottman.com

How Gottman Method Couples Therapy works

1. A free 10-minute telephone conversation is essential before your first appointment to best understand your needs. This can be set up if you inquire about counselling or when you book your appointment.

2. Initial Consultation: Both Partners Attend (90-minutes)

Help me get to know you and understand your relationship history, your different perspectives on problems, your hopes and fears for your relationship. We will look at how your relationship is functioning now and the past issues that have led you to this point. Elizabeth will be respectful, fair, and balanced as she works with you both. You may leave with some new insights and a sense of the journey to come. At this consultation a package of assessment and counselling appointments will be booked, based on your needs.

3. Complete the Online Gottman Relationship Check-up (60-90-minutes, in your own time)

The **Gottman Couples Check-up** provides a key benefit to couples in therapy, in a thorough assessment of your relationship strengths and challenges. The Gottman Relationship Check-up is an online clinical assessment based on sound research; over 40,000 couples have completed this questionnaire. The Check-up will help you better understand therapy recommendations and can measure your progress over time. The Check-up will help answer questions such as “how did we get here?” and importantly, “what are we going to do to repair this?”

Each person completes the questionnaire independently and it is completely confidential. You will each receive The Gottman Relationship Report, which summarises these outcomes and assists you understand the treatment plan. It is helpful to have the completed the Check-up before individual sessions, which are outlined below.

[Click this link to find out more about the Gottman Relationship Check-up](#)

4. Confidential Individual Assessment Appointments (90-minutes each)

You each attend a separate, confidential 90-minute session where you can focus on the issues that are important to you. This is an opportunity for you to explore your concerns about your relationships, understand your family background, and your views of the world around you. Elizabeth can then understand your point of view as equally as she can appreciate your partner’s perspective.

5. Gottman Relationship Check-up Report and Therapy Planning: Joint Session (90-minutes)

In this session you will receive the Gottman Relationship Check-up Report, giving you a clear understanding of the therapy plan moving ahead. We will explore the strengths and challenges in your relationship. With this foundation for better understanding, you will start to learn the skills you need to move forward in your relationship.

6. Therapy Sessions Commence: Working Towards Your Goals (tailored to your needs)

In these next sessions Elizabeth will help you both work on the current concerns and past issues that impact your relationship and improve your communication and conflict management skills. Elizabeth will help you establish a solid framework for more fondness, humour, and warmth, with reliable strategies for a successful family life.

It is encouraged to book a series of appointments at this time to ensure you can consistently move forward in your relationship skills. Elizabeth will work with you to tailor the frequency of sessions to create the necessary momentum for positive change

My Partner won’t attend!

For some couples, one person is more motivated, and the other person may be apprehensive about what is involved in couples therapy. You can commence working on your relationship skills even if your partner is reluctant to start. There are real benefits for you, (and your partner), when one of you takes the first steps towards positive change. Small things done often can create lasting change.

Fees: \$280 per 90-minute consult

The Gottman Relationship Check-up and Report cost \$200.00

For more information: head to www.elizabethwilliamsonsolutions.com

Email: info@elizabethwilliamsonsolutions.com

Office: 37 Tewkesbury Street, Cheltenham 5014

Mobile: 0400 219 120