

Quarreling all the time in your relationship?

Fighting is necessary. But it should – sometimes - be constructive and fair. Otherwise you will both close down too strongly. In sessions, we can check how various ways of arguing affect each partner and then set up specific behavior changes. To succeed in changing, one partner needs support and empathy from the other partner; empathy-building is blended into the process of changing a hurtful behavior.

Won't the problems go away by themselves?

Durable, reliable improvement will not come out of thin air or by „hoping“. Also, the pattern of problems and the way each contributes to it has a meaning. Figuring this out together in sessions helps to grow personally and to grow your love.

Has your relationship become boring, empty?

If you are engaged in too many activities outside the couple, you may have „exited“ from the living core of your relationship, and this empty feeling develops. Typical „exits“: too much smartphone/PC/fitness club/sports; constant, pervasive focus on the children; overwork at the office; a „casual fling“ with someone. The core energy of the couple then becomes too low for supporting a deep, nourishing contact. Working on concretely closing some „exits“ can help.

Often money issues in your couple?

Might they be one of the fuels of a sort of „power struggle“ in your couple? We look into these disagreements, and see where they come from and how they can be resolved.

You will learn the **Imago Dialogue** together in sessions. The design of this communication tool ensures the *safety* needed for dealing with your touchiest issues without blow-ups. Using it at home brings the couple to spend much-needed *quality time* together.

H&H Couple Coaching

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then a few stops on Bus 45A or 46B

To create new bridges between you ...



H&H Couple Coaching

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ENGLISH 

FRANÇAIS 

DEUTSCH 

A couple relationship is like a garden

You enter through the gate and you are delighted by the magnificent plants and trees and all the beautiful colors around you, you let yourself be seduced by the wonderful smells of the flowers, you are drunk from its splendor.

After a while, you get used to this opulence and beauty, you become spoiled and forget to care for the garden. Not watered, not trimmed, not looked at and smelled and touched – the neglected garden grows wild, overgrown by weeds, dried out and seemingly dead in certain places. You have turned your back on its needs, and when you do occasionally turn towards your garden it gives you much less pleasure.

It is hard to bring the garden back to its former beauty, or rather to a new beauty. That will take a lot of effort.

**We invite you to care
for your garden while there is still time.
We propose to be your helpers.**

What methods or techniques are used?

From long experience, we have chosen the best methods and combined them in our way of working with couples:

- **Imago Relationship Therapy • EMDR**
- **Voice Dialogue • Systemic Coaching**

We have used these methods in our own relationship. They develop the most important skills – both practical and conceptual - couples need to survive the inevitable hard stretches, and even grow thanks to their crises.

Our best methods

Imago is a practical way of bridging the gap between your two very different worlds. You learn a structured way to dialogue when a problem comes up. The structure brings safety, enabling each to re-open up.

EMDR is used if a strong trauma from a partner's past overly hinders an Imago Dialogue. This technique allows a trauma to be treated, and the observation by the other partner contributes to developing empathy.

Voice Dialogue helps each partner to realize what self-part or „voice“ of him/her is presently in control at key moments of an Imago Dialogue and to learn how to use his/her various self-parts harmoniously.

Each of us can only bring about a change in our relationships if we develop ourselves further.

Your partner has an affair?

Stay or leave? Just 2 options is a dilemma, a better life starts at 3 options. A 3rd one could be: invest in learning the best ways of speaking to each other about the feelings brought to the fore – with each learning a lot, whatever the final outcome.

Wouldn't the simplest be to split up and start over again with a more compatible partner?

Compatibility does not come from a static set of „complementary“ traits, tastes, etc. It depends on the emotional „wounds“, gross or subtle, in each partner's past and how you are still affected by them in the present. Past wounding gets built into your „character“, which comes along with you to the next relationships.

