

Building Healthy Connections Newsletter

February 2022

Helpful Resources for Couples



Couples Therapy Services

At Shared Vision, couples therapy is a safe space that allows couples to understand and repair the hurts in their relationship and ultimately build a new path of connection. By focusing on the emotional bond in a partnership, therapy explores the experiences, longings, needs, and fears of partners. The goal of this work is to foster deeper love and build ways of being together through discovery, understanding, and practice.

Many experiences bring couples to therapy, including, but not limited to:

- Co-parenting
- Emotional distance
- Family transitions
- Feelings of being stuck
- Fertility challenges
- Financial stressors
- Infidelity
- Issues with intimacy
- Navigating separation
- Premarital Counseling
- Trauma & loss
- Trust issues

- Frequent conflict
- Uncertainty about the future of the relationship

If you and your partner are interested in couples therapy, **click here for more information** or **contact us today**.

[REQUEST AN APPOINTMENT](#)

SVPS Blog Resources

NEW! 3 Conversations to Feel More Connected to Your Partner by Dr. Meghan Pasha

Whether you are fostering a new romantic relationship or have been committed to your partner for decades, taking a few moments to tune into each other and build more awareness of your emotional worlds can help to deepen connection and foster more security.

Even just a few pointed conversations can have a profound impact on your relationship.



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3 Signs You May Be Ready for Couples Therapy by Dr. Meghan Pasha

The drive to find someone to whom we can turn to for comfort is wired into our genes and our bodies. We enter into romantic relationships to feel close, to feel connected, and to feel loved. Ideally, these connections provide us a sense of safe haven to feel comfort and emotional support, as well as a secure base from which we can go out into the world and explore. So, what about when our relationship does not provide these things? What if our relationship has changed? What if we feel stuck? Knowing if or when to seek support for your romantic relationship can be challenging. Here are some common signs couples could benefit from couples therapy.



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The Positive Side of Dependence: How Dependable Relationships Can Strengthen Us As Individuals

by Dr. Megan Oliverio

Dependence is often seen as a bad word and associated with being “needy” or emotionally unstable. However, research on what really helps people become happy, successful, and even independent, shows us that a strong dependable connection is key.



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Let Go of Fighting Fair and Learn to Repair: 3 Ways Healthy Couples Heal After an Argument

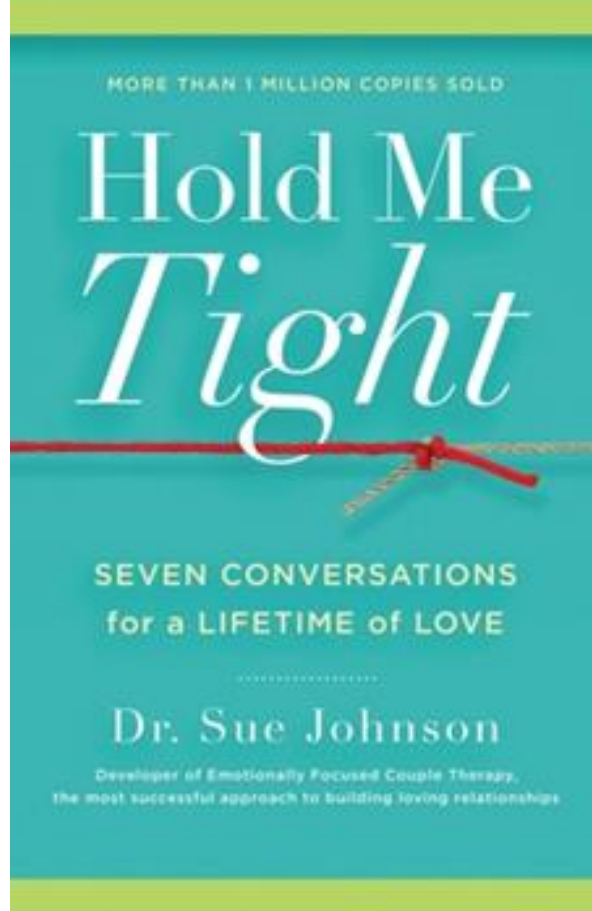
by Dr. Meghan Pasha

The idea of “fighting fair” has long been a topic that comes up with those wanting more peace or closeness in their relationships. This idea, along with recommendations and advice, surrounds us in pop culture – from magazine articles, how-to books, and even in the business world, we hear of tricks and tools to both use in conflict and avoid conflict altogether. The truth is that happy couples fight, and fairness is far from their awareness as they do.



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Book Recommendation



Hold Me Tight: Seven Conversations for a Lifetime of Love

by Dr. Sue Johnson

“The message of *Hold Me Tight* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection. Dr. Sue Johnson teaches that the way to enhance or save a relationship is to be open, attuned, and responsive to each other and to reestablish emotional connection.

With this in mind, she focuses on key moments in a relationship—from Recognizing the Demon Dialogues to Forgiving Injuries—and uses them as touchpoints for seven healing conversations. These conversations give you insight into the defining moments in your relationship and guide you in reshaping these moments to create a secure and lasting bond..”

– Dr. Sue Johnson

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools

- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us!

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