

Relate North East

What happens in my consultation?



Your consultation is not a counselling session. It is a session which gives you the opportunity to speak to the counsellor about what is happening in your relationship. The counsellor will be asking a specific set of questions to make sure they get as much information from you as possible and they will then talk to you about what the options are for you to get the support you need.

You can attend the consultation either alone or as a couple. If you do want to work on your couple relationship then it is probably best if you both come along for the consultation but if your partner will not attend you are welcome to come alone.

If you decide to have ongoing counselling then each of you will have an individual session with the counsellor so that they have more of an idea for what is going on for you specifically, before bringing you back together as a couple.

Relate North East can support people who have relationship or family problems but there are certain times when it is not appropriate for us to work with you immediately either individually or as a couple. The counsellor will explain this to you at the session and offer some advice about where you can get any other support.

They will also help you decide what the most appropriate Relate service is going forward – e.g. family counselling or sex therapy and give you information of what happens next.

If you have any questions before your consultation do not hesitate to contact us
01325 461500 or email **counselling@relatenortheast.org.uk**
or visit our website **www.relatenortheast.org.uk**

relate
the relationship people