

At different times in a relationship there can be challenges, lack of communication, quality time, conflict or a general sense the relationship is not the best it can be. It is usually when the relationship is at risk of breakdown that couples seek out professional help and support to sort through any issues. Quite often couples only seek out professional help when one or both feel it is too late to work on the relationship.

It is important to maintain and communicate issues in the relationship on a regular basis. Relationship skill development is one of the most positive and effective ways of developing and maintaining new skills that will take the relationship to a whole new level. It assists to resolve conflict and deal with any long-standing issues, values, behaviours and beliefs that are holding the relationship back.

People seek out relationship skill development when:

- Communication breaks down
- Children leave home
- There has been longstanding conflict
- A partner does not feel valued and appreciated
- There are unfulfilled emotional needs
- Lack of intimacy and connection in the relationship
- Limiting beliefs that are holding the relationship back and in a negative place
- Gambling
- Loss and grief
- Terminal illness/palliative care
- Disability and or mental illness
- A new baby arrives into family
- Financial issues are impacting
- Loss of employment
- Unresolved anger
- No quality time with each other over a period of time
- Parent/teenager relationship issues
- Family breakdown
- Grandparent/grandchildren access and support

Amovita's Services

We have a confidential service where couples can engage in skill development on an individual basis or together as a couple. Our highly trained professionals who work with a range of different approaches that provides positive outcomes. They are all qualified professionals who engage in continual professional development to ensure they have the latest evidence base in relationship skill development approaches.

We work at your pace. Often relationship issues take time to deal with and as professionals we guide the relationship skill process during a time period that suits your needs. We can also work with a family unit and can travel to your location.

Benefits of Engaging Amovita

- Our service is confidential
- Our professionals are highly qualified who work with a range of approaches
- We review the process at regular intervals to ensure you are confident and comfortable with the progress you are making
- You have access to professionals in between sessions
- We offer individual and couple sessions
- We can tailor a package of sessions for you as an individual or couple
- We support your progress in the new skills you are learning
- We can work with parents and teenagers and other family members

