

## Frequently asked questions and answers.

**Q.** Who provides the counselling?

**R.** Luke De Sadeleer, M.Ed, R.S.W., also known as The Couples Coach®, is a Certified Psychotherapist with 30 years experience in helping families, couples and individuals deal with a wide range of emotional and psychological issues. Luke holds a master's degree in adult education and counselling, and has been trained in a variety of treatment approaches. Some examples are; Emotionally Focused Therapy, Cognitive Therapy, Gestalt Therapy and Transactional Analysis. He is a Certified member of the OACCPP (see link) and has been registered under the authority of the Social Work and Social Service Work Act, 1998. He is authorized to use the title Registered Social Worker and perform the controlled act of psychotherapy. Luke's sensitivity, engaging style and his pro-active approach make him a sought-after professional by clients looking to rebuild trust and to heal the pain.

**Q.** What are your fees?

**R.** Most insurance companies provide coverage for counselling and or psychotherapy services. Our fees are \$125 to \$135 per one-hour session. We suggest you check with your provider to determine the details of your benefits. If you do not have any coverage, we lower our rates to \$95 in order to assist you financially.

**Q.** How many sessions will we need?

**R.** Clients can expect to experience positive changes in 6 to 10 sessions. Some as little as 3. However, the resolution of the problems greatly depends on how long you have been struggling with the presented issues, what they are, and how motivated both of you are to deal with them.

**Q.** Is it ever too late to save our relationship?

**R.** It is true that it often takes a major emotional disaster - or crisis – to get both partners to come for counselling. However, if the partners are attached and willing to do the work there is always hope.

**Q.** What if my partner won't change?

**R.** Both mates need to take responsibility for their own self-defeating behaviour, and to accept that either one of them could do something to change things. Unfortunately, some partners concentrate on blaming the other person and hoping that he or she will change. Naturally, nothing happens – and nothing *will* happen until one of the two stops trying to blame the other and asks him or herself, "How can *I* be different? What can *I* do about this?"

- Q.** We seem to have a lot of unresolved fights. What can we do?
- R.** Research reveals that it is most often the tendency for couples to try and avoid a fight that leads to more trouble. Dealing with conflict and anger isn't easy because few of us have ever received any training on how to do it effectively. You can learn to fight fair. When dealt with properly conflict can help to resolve the hurts and differences between loving partners.
- Q.** Do you also work with individuals?
- R.** Yes. Issues like; depression, anxiety, anger, guilt and phobias are most often dealt with in individual sessions.