

## What do clients say about the self-assessments?

*“Understanding how our personality traits interacted really reduced the tension in our relationship.”*

AJC

*“When I became aware my attachment style was causing me to say and do things that made things worse for my wife; I was able to gain some control over my non-conscious behaviors and we are a lot happier.”*

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## Who We Are

We are a non-profit corporation dedicated to providing tools and resources to individuals, couples and counselors to help clarify and resolve relationship issues. We live in Southwest Florida, but serve individuals, couples and counselors across the United States. Our team leader is Dr. David Collins.

Our mission is straightforward and clear:

*To support counselors and empower individuals to heal adult romantic relationships.*

## How to Contact Us

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### APT Counseling Resources



A free service for counselors and couples



**Are you dealing with relationship issues?  
We can help.**

**APT  
Counseling  
Resources**

*Supporting Counselors and  
Empowering Individuals to Heal  
Adult Romantic Relationships*



## How can APT Counseling Resources help me with my relationship issues?

We offer a full suite of uniquely-structured online self-assessments that enable people like you to gain practical insights into your attachment styles and personality traits. These self-assessments provide you (and your counselor if you are working with one) with a rich source of information that will enable you to target the most problematic relationship issues as well as the non-conscious behaviors that are driving them.

Our self-assessments can be completed in stages, unlike most online “quizzes.” Our personalized reports provide a much more detailed picture of your beliefs, perceptions and behaviors than what is available from the typical assessments.

## Is there a cost to use the APT Self-Assessments?

- No. All of the APT self-assessments are available free of charge. Each self-assessment includes a personalized report written by APT Counseling Resources staff.
- We accept donations from those who have been helped by our self-assessments.

## How do counselors use APT Self-Assessments?

1. Counselors determine which self-assessments will benefit their clients and request them from APT CR via email.
2. Counselors receive a link to the self-assessments they requested. They forward this link to their clients.
3. Clients complete the self-assessments at their own pace.
4. Counselors notify APT CR when their clients have completed the self-assessments.
5. APT CR generates a comprehensive analysis and forwards that report to the counselor.
6. The counselor uses this information to collaboratively develop a plan to guide and support their clients as they work to improve their most important relationships.

## How do individuals use APT Self-Assessments?

1. Individuals contact APT CR via email.
2. APT CR asks a few simple questions to determine which self-assessments are most relevant and sends a link to those self-assessments to the individuals.
3. The individuals complete the self-assessments at their own pace and notify APT CR via email when they have completed them.
4. APT CR generates a personalized report that includes how couples with similar relationship conflicts have resolved them.

## Questions?

Email questions to [APT-CR@Outlook.com](mailto:APT-CR@Outlook.com) or visit our website at APT-CR.com.

*The self-assessments and support material provided by APT CR are for informational and educational purposes only. They are designed to provide insights and share experiences of individuals with similar profiles. The materials are not intended to be a substitute for working with a licensed counselor or therapist.*

Note: While our focus is on adult romantic relationships; our self-assessments can also be used to inform career path decisions. Ask APT-CR@Outlook.com for details.