

Couples Therapy

in collaborative care



Post-COVID-19, about 55% of couples found that therapy helped them provide better emotional support to each other.



About 55% of couples in counseling during the transition to parenthood report better coping and mutual support.

45-60% of caregivers see reduced burden and improved well-being after couples therapy.



60% of couples with chronic medical conditions report better relationship satisfaction after counseling.

Evidenced-based Approaches

- The Gottman Method
- Emotionally Focused Therapy (EFT)
- Cognitive Behavioral Therapy (CBT)



How can therapy help couples?



Couples therapy can help with:

- Improving communication
- Restoring trust
- Increasing intimacy
- Balancing responsibilities
- And more!

Miara Noce, LPC
Emerging Gottman therapist with extensive experience in couples therapy



Contact Miara:

Email: mnoce@neocounseling.com

Phone: (440) 579-5100

NEO Counseling Services

9930 Johnnycake Ride Rd.

Unit 4F Mentor, OH 44060