

Moments of Serenity

June 2026

Building Stronger Relationships

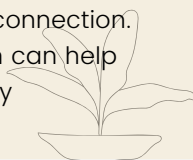
Couples counseling provides a supportive space for partners to improve communication, understand recurring conflicts, rebuild trust, and strengthen emotional connection. One well-known approach is Gottman Method Couples Therapy, which uses research-based tools and the Sound Relationship House model to help couples build friendship, increase trust and commitment, manage conflict constructively, and create shared meaning. In Gottman Method therapy, couples also learn to recognize damaging communication patterns known as the Four Horsemen, criticism, contempt, defensiveness, and stonewalling, and replace them with healthier ways of expressing needs and repairing after disagreements. This approach can help couples feel more emotionally connected, understood, and better equipped to navigate challenges together.



Mindfulness Minute

Sit facing each other and take three deep breaths together. Spend one minute making gentle eye contact while focusing on your breathing. Then, take turns sharing how you're feeling in the moment while your partner listens without interrupting. End by sharing one thing you appreciate about each other.

The goal is not to fix problems, but to practice being present, listening mindfully, and fostering connection. Even a few minutes of intentional attention can help couples feel more attuned and emotionally supported.



Self Care

Take a Gratitude Walk

Spend 15–20 minutes walking together without distractions. During the walk, take turns sharing three things you are grateful for, either about your partner, your relationship, or your life in general. Focus on listening and being present rather than problem-solving or discussing stressors. This simple activity can reduce stress, improve mood, and strengthen emotional connection.

Did You Know?

Benefits of couples counseling:

- **Improved communication:** Couples counseling helps partners develop healthier communication skills, leading to greater understanding and fewer misunderstandings.
- **Strengthens relationship satisfaction:** Research shows that couples who participate in therapy often report increased relationship satisfaction, emotional intimacy, and connection.
- **Provides effective conflict-resolution tools:** Couples learn practical strategies to manage disagreements more constructively, reducing negative interaction patterns and helping them navigate future challenges together.

Company Highlight

Amanda Lee-Degner, Ed. D, LPC, LPCC-S, ACS

Amanda provides compassionate, evidence-based couples counseling to help partners strengthen communication, deepen emotional connection, rebuild trust, and navigate challenges together. She is trained in a variety of therapeutic approaches, including the Gottman Method, and may incorporate Animal Assisted

Therapy to create a calming, supportive environment that enhances connection and emotional safety. Amanda also has experience working with anxiety, depression, trauma, relationship concerns, and life-stage challenges, with a special interest in supporting military service members, veterans, and their families.

