

## Imago Relationship Therapy – What to Expect

If this will be your first experience with couples counselling, you are undoubtedly wondering what to expect. Perhaps you're feeling a mixture of emotions: some combination of anxiety and hope. Even if it's not your first "rodeo" with couples counselling, you may still be wondering what to expect with **Imago Relationship Therapy**. After all, therapists can and do operate very differently from one another.

Below is a broad outline of what most couples can expect when coming in to see me.

### The First Couple's Session

In your first session, you will each be given a chance to share your version of, and experience in, your relationship. While this is happening, the other partner is asked to sit back and just listen. Then, the process reverses so the other partner can speak.

It can be challenging at times to sit quietly while your partner is relaying *their* "reality", (usually because it sounds so different from your own, (otherwise known as "wrong"), or because you feel attacked or criticised in the process). I can be pretty good at helping everyone stay calm and on track.

The typical result of Session One? Both parties leave having had an experience of being heard as well as one of having heard the other in a way not achieved in a very long time.

We will then move to the **Dialoguing** position and where we will sit in each session thereafter.

In **Imago Relationship Therapy** the counselling room is set up with the couple sitting closely and facing each other, with me, the facilitator, sitting facing you both in a sort of triangle.

You will now be introduced to the **Appreciation Dialogue**, this might feel unusual to speak to each other this way at first, but this will become a key aspect to your relationship moving forward in **Getting the Love You Want**.

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## The Second Couple's Session

In most cases, the second session is devoted to learning the **Imago Dialogue** – a communication tool taught to all couples entering into **Imago Relationship Therapy**.

The typical result of Session Two? Couples leave, maybe for the first time in a long while, feeling calmer, a little more connected and with a growing hope that this new counselling might be helpful.

## The Third Couple's Session and Beyond

By week five, having been taught and begun practicing your new communication tool, the **Imago Dialogue**, you have accomplished quite a bit. Not only have you improved your communication skills, but more importantly, in most cases, you will have begun to experience a renewed sense of calm and connection based simply on having been working together as a team to improve your relationship.

During this time, you will design and implement your dream relationship, by creating your **Relationship Vision**, and using the **Imago Dialogue** you will be able to move from an **Unconscious Relationship** to a **Conscious Relationship**. The **Relationship Vision** is a central process used to awaken the passion that can get lost or buried when we are dealing with conflict or a **Power Struggle**.

These are the enhancing processes used to bring the positive energy back to your partnership.

With the above accomplished, it will now be time to begin talking about the issues that brought you to therapy in the first place. Only now, you will be approaching those armed with a new tool, improved connection, and the initial beginnings of a renewed sense of safety in your relationship.

Stage properly set – time to get to work!

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