



Phone & Videochat  
or Face-to-Face

## Northern Frontiers Services Relationship Counselling 2024 Brochure



*No longer seeing eye to eye? Feeling the chill of discontent?*

A common mistake many couples make is waiting too long before seeking professional help when things go wrong. Sitting back and hoping it will improve on its own runs the risk of one, or both, partners emotionally vacating the relationship for good.

Oftentimes the hard part is admitting your relationship's in trouble and pin-pointing exactly why. Amidst all the hurt and frustration, it's not easy to listen quietly to each other's concerns and point of view. What we tend to do is stop listening and start building a defensive argument. Then we fire it at our partner causing conflict to escalate. When this happens over and over resentment grows . . . and love fades . . .

***Learning to listen for understanding is key to communicating effectively.***

At Northern Frontiers our counsellors have broad experience across a range of life issues and specialise in helping couples with a variety of relationship issues. Partners are invited to think about what they need to be content and learn how to respectfully inform their partner. In this way the tendency to assume you know what your partner needs and visa-versa, is removed . . .

We all have our own unique set of needs. When they are met to our satisfaction we feel content and want to remain with the person who is meeting them for us. When our needs are not being met we experience a range of powerfully unpleasant emotions that eventually cause us to consider going outside the relationship to get them met.

**Want to Achieve Best Results?** - It is important to note that both partners must be willing to commit to repairing the relationship for there to be any chance of success. If one party is not committed to the relationship it is not the responsibility of the Counsellor to encourage them to remain in the relationship. If the Counsellor does not believe this important point is understood by both parties, then a referral to another service provider may be made.

CALL:	1300 90 81 70
EMAIL:	<a href="mailto:reception@northernfrontiers.com.au">reception@northernfrontiers.com.au</a>
WEB:	<a href="http://www.northernfrontiers.com.au">www.northernfrontiers.com.au</a>



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## What are our emotional needs?

- 1 Respect
- 2 Honest communication
- 3 Validation
- 4 Affection
- 5 Sexual Fulfillment

- 6 Separateness
- 7 Togetherness
- 8 Domestic Support
- 9 Financial Support
- 10 Parenting Teamwork

Human emotional needs are our basic psychological driving forces – they may change throughout our life-span but they always demand to be met – so in that sense they're pretty much non-negotiable. Counselling can show you how to ask for what you need from each other and repair your relationship. Call today and take the steps necessary to put your relationship back on track.

### *Your happiness may depend on it . . .*

To begin the Relationship Counselling process, the counsellor needs to speak with both partners individually. There are three options for this:

- FREE 5-10 minute individual Intake & assessment phone call.
- a 30 minute individual Intake & Assessment session phone call.  
Cost is \$84.00 per person
- a 50 minute individual Intake & Assessment session phone call or office session.  
Cost is \$140.00 per person

**Note:** Partners do not need to choose the same option above. It is what either of you are comfortable with.

Once both Intake & Assessment sessions are completed, the Lead Counsellor will either advise you of your practitioner for a joint session, or refer you to an appropriate external service provider. A joint 50 minute session with a Northern Frontiers Counselling practitioner costs \$150.00 and pre-payment is required at least two business days prior.