

life skills training

Relate life skills training offers a wide range of training courses and one-to-one work designed to help people, organisations and companies get to where they want to be.

Our speciality is helping people to feel more confident, become better communicators, deal more effectively with stress and generally interact more successfully with other people, both in a family and a business context.

So, whether you want to learn some basic counselling skills, brush up on parenting techniques, learn how to cope with your adolescent children, come to terms with divorce or bereavement or just become a much better telephone sales person, please ring our Keighley office and we will put you in touch with one of our training managers.

costs

Adult clients are asked to pay towards the cost of their relationship counselling, sex therapy or family counselling but sometimes the fees are paid by local authorities, the NHS or other sources. We will investigate these with you.

Young people's services are sometimes fully funded, and we never ask young clients to make any payments for their counselling. When funding is not available, however, we may ask parents to make a donation to the service if they are aware that their child is attending counselling.

Couple therapy for depression is a fully funded service in most BD postcodes.

standards

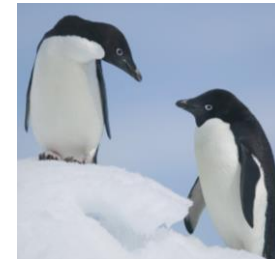
Relate is a registered charity with over 60 years' experience in helping people with their relationships. Relate Cross Pennine is a member of the national federation of relate centres and our practice is guided by the ethical framework of the British Association for Counselling and Psychotherapy (BACP).

For more information about any of our services, please contact one of our offices, or visit our website.

relate

the relationship people

Cross Pennine



an overview of our services

01535 605047

01422 363845

01484 425843

info@relatecp.org.uk

www.relatecp.org.uk

our services

Relate Cross Pennine (RCP) serves the districts of Kirklees, Calderdale, Lancashire, Airedale and Craven. Our primary business is the provision of high quality, professional counselling for adult couples, individuals and young people; but we also offer a highly effective sex therapy service and life skills training.

For more details, please see below.

relationship & couple counselling

Relationship counselling has always been relate's core activity. In the old days we were called 'marriage guidance', but these days we help with any kind of main adult relationship. Generally speaking, relationship difficulties are better dealt with sooner rather than later, so if you are worried about your relationship, please give us a call and let us help you make things better before they get worse.

family counselling

We all know that big changes in a family such as separation, divorce, remarriage or bereavement can cause major stress for everyone. Sometimes even small changes, or just the problems that one family member is experiencing, can unsettle the whole family. Fortunately, our family counsellors are experienced in working flexibly with family members in to rebuild troubled relationships and find workable solutions to difficult problems. To make an appointment please contact us.

young people's counselling

Relate has been delivering safe, high quality counselling for young people for more than a decade. All our young people's counsellors are fully qualified professionals and all our personnel encountering young people are regularly checked with the Disclosure and Barring Service (DBS). Young people can make their own appointments by ringing our office, or they can ask parents, teachers and other professionals to ring us on their behalf.

Generally, our counsellors work with young people aged 11-24 who are feeling unhappy, anxious, or worried because of difficulties in their family, school or personal lives; but whatever the problem, we will always offer a young person an initial appointment to see if we can help.

sex therapy

In terms of concrete outcomes, Relate sex therapy is very effective with success rates in excess of 90%. So, if sexual problems are making you miserable or beginning to have an adverse affect on your relationship, please phone to make an appointment to see one of our expert therapists.

couple therapy for depression (CTD)

Couple therapy for depression aims to help couples understand the ways in which difficulties in their relationship can contribute to depression in one or both partners. Often couples find it hard to talk openly and honestly with each other without getting into destructive or repetitive arguments. Working with a CTD therapist helps couples to move on from negative or hostile patterns of behaviour and to develop much more positive and sympathetic ways of communicating with each other. This improved communication then makes it possible for the relationship to become happier, more intimate and more fulfilling - leading in turn to improvements in the mood and emotional health of both partners.

Couple therapy for depression helps couples to:

- ✚ communicate more openly and clearly
- ✚ become more aware of their partner's needs
- ✚ become less stuck – for example, repeating negative or destructive patterns in their relationship
- ✚ have a greater understanding of their partner and themselves
- ✚ manage feelings of anxiety and stress which arise from the challenges of their relationship and family life
- ✚ come to terms with life changes which might have triggered the depression, such as becoming parents or losing a loved one.

Couple therapy can also have benefits such as:

- ✚ a more stable family life
- ✚ self-discovery
- ✚ an improved sexual relationship
- ✚ reduced jealousy
- ✚ Increased confidence