



### How does couples counseling work at CaPS?

To be seen as a couple at CaPS, at least one of you must be a currently registered CSUEB student. The first meeting will be a "couples consultation" where you talk with the counselor about the issues in your relationship, the process of couples counseling, and your goals for couples work. There is no fee for the first couples consultation. When both of you are CSUEB students, there is no charge for subsequent couples counseling. If one of you is not a CSUEB student, there is a \$25.00 co-pay for each session that must be paid in advance.

Each couple is unique, and the number of sessions a couple may need differs. Most commonly, couples work with their counselor once a week for about 50 minutes each session.

#### What are the hours?

Mondays	8:30am - 6:00pm
Tuesdays	8:30am - 6:00pm
Wednesdays	8:30am - 7:00pm
Thursdays	8:30am - 6:00pm
Fridays	8:30am - 5:00pm

Counseling and Psychological Services is the student counseling service at CSUEB, providing individual, urgent walk-in, couples and group counseling to currently registered CSUEB students. There is no charge for currently registered students.

**Counseling and Psychological Services (CaPS)**  
located in Student Health Services.  
To make an appointment, call  
**510-885-3690**  
<http://www20.csueastbay.edu/sa/caps/>

## Counseling and Psychological Services (CaPS)

*Supporting Student Success Through Wellness*



## Couples Counseling

**510-885-3690**



## What is couples Counseling?

Couples counseling occurs when two people who are in a significant relationship meet with a trained personal counselor to address a variety of issues that sometimes affect their relationship. Examples may include, but are not limited to, communication, conflict, cultural issues, sexuality, money and family concerns.

During the counseling session each person talks about the stressors and difficulties in the relationship, while exploring new ways to connect and communicate effectively. It is often helpful for the couple to talk about family background, history of this relationship, and what each needs from the other.

Each person is encouraged to express feelings to the other, give feedback, improve listening skills, resolve conflicts with new tools, and begin to understand each other better. Couples counseling can help to increase the intimacy, connection, and joy people may experience when they are in healthy, vibrant relationships.

## When should we seek couples counseling?

Couples counseling is not only for “married” people, but it is for any pair who want to increase commitment and intimacy toward each other. Some come for couples counseling when their relationship is stuck in a pattern of miscommunication and unproductive repetition.

Couples counseling can be helpful when you feel distant, frustrated, or disappointed in your relationship. Often couples work toward increasing and improving their relationships. However, in some situations, couples come to counseling to facilitate a healthy “good-bye” to the relationship.

## What happens in couples counseling sessions?

When you come to couples counseling, both of you will fill out a brief questionnaire that asks some personal information and asks what you want from counseling at this time. When you meet your counselor, (s)he will ask you some questions about your background, your relationship, and what is bringing you into counseling now. As you begin to talk about your relationship, there may be some areas you specifically want to work on such as increasing listening skills, resolving conflicts more effectively, gaining a deeper understanding of your partner’s needs and how to meet them (and vice versa), as well as creating healthier ways to relate to each other and increase intimacy.



Trust and safety are established during the first few sessions. During this time, you have the chance to speak openly and honestly about what concerns you. As trust increases, you can begin to listen to one another in a less defensive and more productive way. As you work on new relationship skills that deepen your understanding of each other, your counselor may ask you to try different ways of appreciating each other, communicating, or addressing conflict. You can work on specific problems while increasing your understanding of what you and your loved one

needs. You may wish to talk with your counselor about issues related to conflict, communications, sexuality, cultural issues, finances, decision-making, family issues, as well as day-to-day problems. This is not an exhaustive list of possible issues.

## What does NOT happen in couples counseling?



It is common for you to be somewhat anxious when coming to couples counseling. You may be dealing with some difficult issues in your relationship and may feel that talking about them will only make them worse. You may not experience immediate results, but many couples who put in the time and effort find that counseling can be very helpful.

Difficult issues can be addressed in couples counseling, but only when you are ready to do so. You have the choice to not talk about something that is beyond your comfort zone. There must be trust and safety established to be most effective. Blaming and shaming of individuals is not helpful in working toward intimacy and connection. Your counselor will not “take sides,” but will facilitate a productive interchange between you and your partner. Respect and caring are building blocks toward healthier relationships. All information shared in couples counseling is completely confidential (within the limits of the law). Information is not shared with anyone else without signed permission from both of you.