

## **Angela's Approach to Couples Therapy**

### **Supporting Growth, Connection, and Lasting Change**

Angela believes that every couple brings unique strengths into their relationship—even during times of struggle. Her approach to therapy centers on helping partners rediscover those strengths, better understand each other, and build healthier patterns of communication and connection.

### **A Collaborative, Flexible Process**

Angela's approach is tailored for each couple and she adapts to what they need in the moment. Whether it's navigating a major life change, feeling stuck in conflict, or simply wanting to feel closer again, Angela creates space for honest dialogue and deeper reflection. While sessions often feel like natural conversations, she may also guide couples through simple communication exercises—to help clarify emotions and strengthen emotional bonds.

### **Creating a Safe, Supportive Environment**

At the core of Angela's work is a commitment to creating a nonjudgmental space where both partners feel heard, respected, and valued. She models empathy, encourages open dialogue, and helps couples tune into the deeper needs and patterns that shape their relationship dynamically. She supports couples in growing not only as a unit but as individuals, fostering mutual understanding and resilience.

### **Areas of Focus**

Angela has a special interest in working with couples around:

- Life transitions (parenthood, career shifts, relocation, etc.)
- Conflict resolution and communication challenges
- The impact of mental health and neurodivergence on relationships
- Creating balance and equity in roles and responsibilities

### **Goal-Oriented, But Never Rushed**

Angela takes a client-centered approach, inviting couples to define their own goals for therapy. She believes in progress over perfection, working together to set meaningful intentions, reflecting on growth, and adapting goals as the relationship evolves.

### **Reconnecting with Strength**

One of Angela's core strengths is helping couples reconnect with what's already working. She encourages partners to revisit moments of closeness and success in their relationship and uses those memories as building blocks for rebuilding trust and connection.

### **Navigating Commitment Imbalances**

When one partner feels less engaged in the process, Angela approaches the situation with compassion and curiosity. She works to understand the underlying fears or hesitations that may be at play, helping both partners explore their motivations and hopes for the future.

### **A Warm, Insightful Approach**

Angela's style is compassionate, flexible, and deeply attuned to the nuances of each couple. She values long-term growth over quick fixes and empowers couples to take an active role in shaping their path forward. Her goal is that you leave therapy feeling more connected, confident, and equipped with the tools to navigate whatever life brings—together.