

Common Stressors for Couples:

- Finances
- Intimacy and Sexuality
- Extended Family Relationships
- Parenting
- Chronic Illness
- Depression/Anxiety
- Communication Skills
- Grief/Loss
- Marriage/Remarriage

Common Stressors for Families:

- Finances
- Parent/Child Conflict
- Sibling Conflict
- School Issues
- Grief/Loss
- Life Transitions
- Marriage/Remarriage –Blended Families
- Chronic Illness

To Schedule an appointment: Call any of our offices or call our toll free number (877) 245-2688. You may also obtain information about all of services, fees and insurance coverage.

Locations

16216 Baxter Road,
Suite 399
Chesterfield, MO 63017
(636) 532-9188
Fax: (636) 532-9951

1129 Macklind
St. Louis, MO 63110
(314) 534-0200
Fax: (314) 534-7996

**Saint Louis
BEHAVIORAL
MEDICINE
Institute**

www.slbmi.com

*Marital, Couple
& Family
Therapy Services*



Marital, Couple, and Family Services

Marital/Couple Therapy

Dissatisfying intimate relationships can cause partners to become anxious, depressed, or distressed. The emotional upset can interfere with functioning in many areas of someone's life, such as work or school. Many relationship difficulties can be improved by carefully examining the situations with a therapist in a safe and nonjudgmental environment. The therapist can help individuals to communicate openly, discuss differences without escalation, and to work towards mutually satisfying solutions.

Dissatisfied couples may be considering divorce. A couple's therapist can help address issues and thus avoid divorce. Alternatively, a decision to divorce could be arrived at respectfully and to the mutual satisfaction of the parties involved. Either course would be an excellent use of therapy.

Family, couples or marital therapy can be the primary avenue towards health or may be part of a comprehensive, multi-disciplinary treatment plan

Premarital Counseling & Relationship Inventories

One way to start your marriage off successfully or to strengthen an existing committed relationship is by taking a relationship inventory and reviewing the inventory with a trained professional. Learning valuable communication skills and setting goals for your relationship helps to build and strengthen a strong foundation for a healthy relationship. The Saint Louis Behavioral Medicine Institute uses the nationally recognized program, PREPARE/ENRICH.

PREPARE/ENRICH is a program based on a set of five inventories that examine major relationship issues a couple may experience. These inventories must be administered by a trained PREPARE/ENRICH Counselor and include 4-6 feedback sessions in which the counselor facilitates discussion between the couple based on their inventory results. The five inventories are:

PREPARE - Pre-marital couples

PREPARE-MC - Pre-marital couples with children

PREPARE-CC - Cohabiting Couples with or without children

ENRICH - Married couples with or without children

MATE - Couples over the age of 50

Family Therapy

Family therapy refers to treatment that involves two or more family members. Sometimes the focus of family therapy is to help a family member recover from a psychological disorder. The family along with the affected member will be educated about the disorder and learn new skills. It may be necessary for family members to respond differently to their child or to handle situations differently.

In some cases, the family may need to address issues that affect all of them. Such issues could include dealing with a divorce, loss of a family member, or some other major life disruption. Sometimes, families can fall into unhealthy patterns of behavior that can be hard to change. A therapist can be very helpful in facilitating discussion of difficult issues and establishing better ways of relating among family members

Family therapy can include any member or number of family members based on the needs of the family and goals of therapy

