

Couples Therapy FAQs

Martin Professional | Psychotherapy & Consulting

What is Couples Therapy?

Couples therapy began out of a family systems approach. Clinicians will use modalities affecting couples' interactions and emotional regulation and well-being to alleviate distress within the relationship. Referrals are made for individuals within the coupled relationship benefiting from individual mental health treatment. This can be conjunctive with couples therapy. Couples therapy is offered by clinical social workers, marriage and family therapists, and psychologists.

How long is Couples Therapy?

Couples therapy can range from 6-12 weeks for positive change to occur. Some couples maintain regular couples therapy throughout the course of their relationship to maintain the changes achieved early in therapy.

How Much Does Couples Therapy Cost?

Couples therapy with Martin Professional is \$200 per 60-minute session. Couples should expect to spend \$1,200-\$2,400 for up to 3 months of couples therapy.