



IMPACT OF RELATIONSHIP COUNSELLING ON COUPLES: A CASE STUDY

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ABSTRACT

The influence of relationship counselling on a couple who sought therapy to address communication problems, trust concerns, and emotional distance—referred to as Ms. C and Mr. T (pseudonyms)—is examined in this case study. Due to a breach of trust brought on by an emotional affair and conflicting long-term objectives, the couple, who were in their late 20s and early 30s, had to deal with persistent difficulties. They worked on reestablishing trust, enhancing communication skills, and reestablishing an emotional connection during the course of six months of treatment. The couple achieved notable progress through interventions like active listening exercises, fostering transparency, and discussing future aspirations. Both spouses reported increased emotional intimacy, better communication, and restored trust at the

end of therapy, indicating the benefits of counselling in resolving difficult relational issues.

Keywords: *Case study, couples therapy, communication, trust, emotional closeness, and relationship counselling*

INTRODUCTION

Discussing difficult or unpleasant feelings is a common part of counselling, and when one deals with them, they could occasionally feel worse. Regardless, with advisor's support and guidance, one is able to feel better. Generally speaking, it takes a number of sessions before the counselling starts to have any impact, and using the treatment requires a customary commitment.

Couple counselling, often known as relationship counselling, is a type of psychotherapy. Relationship counselling assists couples of all kinds in identifying and resolving conflicts and strengthening their bonds. Individuals can make wise decisions about strengthening and reviving their relationship or taking a different course with the help of relationship counselling.

Couples and others in a variety of intimate relationships can benefit from relationship counselling, regardless of marital status or sexual orientation. Few couples seek marriage counselling in order to strengthen their organization and improve their understanding of each other. Couples planning a wedding can also benefit from relationship counselling. Before getting married, early counselling can help couples resolve differences and achieve a deeper understanding of one another. To mend a strained relationship, couples seek marriage counselling in various situations. Relationship counselling can help with a variety of specific challenges, such as communication problems, sexual difficulties, conflicts involving mixed or child-rearing households, substance abuse, anger, and treachery.

In order to address marital issues, relationship counselling is important because directing helps couples take a break from their busy lives and get together to really focus on themselves. As such, the counsellor acts as a mediator between the life partners and promotes strong and fruitful communication. It is particularly helpful for couples who are committed to strengthening their bonds but are unsure of how to go about doing so. The counsellor can help look at the life partners' norms of behaviour and identify those that cause conflict. Following the identification of such instances, the couple might work with the advocate to modify them. Although effective communication is one of the most important aspects of every marriage, it is not unusual for couples to reach a dead end and lose the ability to communicate their needs and feelings to one another.

Couples counselling can also be helpful in strengthening relationships in the following important ways. For instance, to assist in creating a more realistic picture of each accomplice's actual self rather than the one that the other accomplice requires of them. This can help clear up misunderstandings and keep a safe distance from misunderstandings. If the partners are aware of and respectful of each other's desires and inspirations, it is undoubtedly much easier to find common belief. Additionally, relationship counselling gives couples a way to continue being accountable to each other. If these tools are used to replace previous, unwanted tendencies, learning new ones may be beneficial. Advisors will often provide homework to the couple with the ultimate goal of creating designs that endure.

At the most fundamental level, it's important to seek out relationship counselling that focuses on working with one both right away. While one-on-one guidance may them both overcome personal issues that may affect their relationship, evaluating their relationship as a whole is a task for the couple as a whole, not as individuals. The majority of relationship counsellors are aware of this and may choose to deal with a client if the partner has agreed to

attend meetings in the future. However, it is better to include both from the very beginning of the cycle.

The researcher had the chance to watch the therapy process of a couple—whom we will call Ms. C and Mr. T (pseudonyms)—who were trying to resolve persistent issues in their relationship when the researcher was an intern at a relationship counselling clinic. The therapeutic strategies employed to address their challenges are examined in this case study, which focuses on communication problems, reestablishing trust, emotional detachment, and conflicting long-term objectives. Despite having been together for five years, Ms. C and Mr. T recently experienced intense conflict that put their relationship in jeopardy, so they decided to get professional assistance.

RESEARCH OBJECTIVE

- a) To investigate how relationship counselling can help couples who are experiencing emotional distance, trust concerns, and communication breakdowns.
- b) To examine the effects of particular therapy interventions on relationship development, such as activities aimed at fostering trust, communication skills training, and emotional reconnection techniques.
- c) To investigate the ways in which organized therapy sessions can assist couples with divergent life objectives in coming to a compromise and understanding.
- d) To monitor progress in emotional intimacy, communication, and trust throughout therapy in order to assess the long-term advantages of counselling.

RESEARCH SUPPORT

Kysely et al. (2020), examined the experiences and preferences of couples using videoconferencing therapy. Couples thought about their underlying impressions and desires at the beginning of the beneficial cycle. Many couples compared their underlying videoconferencing experience to previous treatment or to more general, intimate contact. The results showed that, on the whole, couples had a positive shift in desires, with many couples' underlying misgivings being overshadowed by their ability to become fully engrossed in the restorative cycle. Even while couples described their videoconferencing experiences as "various," they weren't perceived as being more unfortunate or problematic. In fact, several couples reported feeling more in control and at ease as a result of the separation caused by the invention. Couples could communicate with their specialist and participate continuously, although they frequently noticed that they were ignoring the PC screen between them. Couples also saw that a more noticeable saw centre around the treatment cycle indicated that the video truly considered upgrading the alliance. Couples also reported inclinations that were less scrutinized, allowing them to express more feeble thoughts and feelings. Despite this, and mostly because they were interacting with the advisor via a computer screen, couples found the experience to be generally positive and engaging.

Musick (2017) examined people in the social work field who recognize the value of gaining access to creative and innovative ideas in the pursuit of creating a new reality where underlying inequalities are no longer imitated; implementing that vision involves making promises, exhibiting, and approving perky behaviour in your close relationships with clients. According to one current analyst, allowing our vibrant selves to flourish within relationships in a system that demands creation and individuation is an indication of political transformation. In closing, the specialist views the research as offering a defense for controlling the heavily promoted "care" expansion in the west. Play necessitates imagination and provides a much-

needed respite from the outside world. It is best taught to others. I experienced this with my own clients, who were mothers seeking a respite from their everyday routines. In one instance, it seemed inappropriate to suggest that this mother, in her agitated mind, try to think while washing the dishes. The expert's statement that "it is alright for you to fantasize, to let your creative mind run free, to have a break from your tumultuous reality" was a relief to this mother. Similarly, offering self-consideration techniques, such as losing all sense of direction in a good book, is also a form of imagination. Is it not? Play has always been all around us in one way or another. Even when we try to push it away for work-related or other everyday activities, it still exists. It can also be present when we don't remember it. It is our responsibility as physicians and psychological wellness specialists to use these opportunities to clearly illustrate to our clients what has been the cornerstone of the beneficial relationship from the start, to share our customers' joy, laughter, and dreams—whether they are risky or unattainable. These moments spent together with our clients provide them the gift of intimacy and serve as exercises that they can incorporate into their everyday lives.

Hewison et al. (2016) examined how well couple treatment is being delivered globally using a variety of beneficial approaches and techniques, many of which are not those used in RCTs, to a range of married and cohabitating couples with a variety of introducing problems, estimated in comparable but not identical ways. As a result, it strongly supports the idea that results from naturalistic viability analyses of field couple treatments should be given more significant recognition and weight when discussing which couple treatments are effective, and that the topic shouldn't be restricted to unrepresentative research centre adequacy concentrates.

Kepler (2015) case study examined whether couples who participate in premarital and couples counselling experience more marital fulfilment or a reduced likelihood of divorce than what is currently measured. 27 individuals who are currently or were recently married were asked to share their experiences with early mentorship, couples mentoring, and finding

fulfilment in marriage through an enigmatic online study. The link between the components was determined using a chi-square analysis. She wants to know the answers to three questions: Is participation in premarital counselling linked to more significant marital fulfilment. The findings indicate that partners who participated in early mentorship did not have a notably higher degree of marital satisfaction than those who did not get premarital counselling. Is a higher likelihood of marriage fulfilment and a lower likelihood of divorce associated with early or couples' mentoring at times of marital conflict? The findings indicate that partners who participated in couples counselling did not experience a notably higher degree of marital satisfaction than those who did not. Does a favourable experience with early counselling correlate with a higher likelihood that couples will engage in couple or conjugal counselling at times of marital conflict? Chi-square results showed no correlation between early directing collaboration and a more significant likelihood of pursuing couples guiding during marital conflict. In order for some couples to deal with 34 marital disappointments, they must identify appropriate mechanisms for resolving their problems. Premarital and couples counselling employ a variety of intercessions to help couples manage marital pain, correspondence, accounts, compromise, and so on. The link between the components was determined using a chi-square analysis. However, due to a number of limitations, the results were not very significant. This study evaluated the effects of early directing and couples guiding on couples' marital fulfilment. Although the specialist could not find any significant results, there was a correlation between interest in early advising and conjugal fulfilment. The findings suggest that more research be done to determine the connection between early counselling, couples counselling, and marital fulfilment.

Bradbury and Karney (2014), investigated the possibility that early training is beneficial to couples because of the information they get and because it opens the door to future aid chasing. It has been shown that educating couples about relationship mediations and the

process of seeking assistance for relationship problems may increase the likelihood that they may seek help later in their relationship.

RESEARCH METHOD

Research Methodology

1. ***Case Study Approach:*** To observe and record the effects of relationship counselling on a couple facing relational difficulties, a qualitative case study approach was employed. This method allowed for a thorough examination of the treatment process and how it affected the dynamics of the couple's relationship.
2. ***Participant Observation:*** The researcher spent six months observing counselling sessions as part of an internship at a counselling clinic. In order to maintain confidentiality and ethical norms, the observation was non-intrusive and carried out with the participants' consent. To document significant discoveries, exchanges, and advancements during the therapeutic process, field notes were made.
3. ***Data Collection:*** In order to preserve anonymity, identifying information was changed or left out and ("Ms. C" and "Mr. T") were used. Confidentiality was maintained when recording observational data, concentrating solely on pertinent behavioural patterns, communication strategies, and relational shifts without jeopardizing participant privacy.
4. ***Documentation of Therapeutic strategies:*** A thorough record of the counsellor's therapeutic interventions and strategies was kept. This included techniques to improve emotional intimacy, trust-building activities, and instruction in communication skills. The main focus of the observations was on the methods utilized and how well they worked to solve the couple's problems.

5. **Data Analysis:** To find and explain important themes and patterns in the couple's development during therapy, the collected data was subjected to thematic analysis. Important metrics including goal alignment, emotional intimacy, trust, and communication efficacy were qualitatively coded and analysed throughout sessions. To evaluate the overall effect of each intervention strategy, patterns of improvement, stagnation, or regression were characterized.
6. **Outcome Evaluation:** To ascertain the efficacy of counselling over time, thematic growth in areas such as emotional closeness, conflict resolution, and future planning was examined.
7. **Evaluation of Progress:** The couple's self-reported satisfaction with the counselling procedure, observed behaviour, and reported experiences were used to gauge progress. To assess the effectiveness of the intervention, key areas of improvement—such as communication, trust, and emotional connection—were monitored over time.
8. **Ethical Considerations:** All observations were carried out in compliance with ethical standards, giving participants' privacy and welfare top priority. The couple gave their informed consent for observational research, with guarantees that their identities would remain anonymous in any results that were published. The case study contained no personal identification, and the data was strictly restricted to the observed therapy outcomes.

CASE STUDY: "MS. C AND MR. T"

Background

The researcher got the chance to witness the relationships between couples seeking therapy for a variety of relationship issues during an internship at a relationship counselling

clinic. Helping couples communicate better, settle disputes, and fortify their emotional bond was the aim of the counselling. One instance in particular caught our attention since it demonstrated how relationship counselling might help a couple going through a lot of difficulties.

Overview: Ms. Mr. T (early 30s) and C (late 20s) had lived together for three of the five years they had been dating. Mr. T was a self-employed graphic designer, and Ms. C was a marketing professional. After enjoying a passionate relationship at first, the couple has recently been dealing with ongoing problems with emotional closeness, communication, and trust.

Presenting Problems

- a) *Communication breakdown*: Mr. T and Ms. C had trouble communicating clearly. Arguments frequently broke out because neither side felt heard or understood. There were a lot of misunderstandings, and the couple found it harder and harder to discuss delicate subjects without getting into arguments.
- b) *Trust Issues*: Ms. C had never forgiven Mr. T for a brief emotional affair he had previously confessed that happened early in their relationship. Their interactions were impacted by the persistent mistrust that sprang from this betrayal.
- c) *Emotional Distancing*: There was an emotional gap between the two people. While Mr. T believed that Ms. C had grown aloof and judgmental, Ms. C claimed to feel ignored and undervalued. They both didn't know how to bring back the love and warmth they had experienced together.
- d) *Differing Life Priorities*: Ms. C and Mr. T had started to see the future in different ways. While Mr. T was focused on furthering his career and was not prepared for such a commitment, Ms. C wanted to create a family as soon as possible.

Therapeutic Intervention After months of rising conflict and a near-separation, the couple sought therapy. Weekly sessions were part of the therapy process, which aimed to explore their individual and joint goals, resolve trust difficulties, and enhance communication.

- a) *Training in Communication Skills*: The first few sessions were devoted to teaching Mr. T and Ms. C how to communicate effectively. The counsellor gave them techniques like "I-statements" and "active listening" to help them communicate their emotions without becoming defensive. For instance, Ms. C learnt to say, "I feel unheard when we talk, and it frustrates me," rather than, "You never listen to me." This change in vocabulary was crucial in assisting them in more effectively expressing their feelings.
- b) *Resolving Trust difficulties*: The counsellor assisted Ms. C in realizing that healing could only take place via open communication, vulnerability, and honesty in order to resolve the trust difficulties that had persisted from Mr. T's previous emotional affair. Ms. C was helped to process her feelings of betrayal in a way that didn't impede their progress, and Mr. T was urged to take the initiative to reassure her. As Mr. T worked on being more reliable and accountable, Ms. C gradually started to regain trust by allowing herself to believe in his dedication to the partnership.
- c) *Restoring Emotional Intimacy*: The couple was urged to partake in activities that promoted emotional intimacy, like having frequent date nights, spending time together without interruptions, and showing gratitude to one another. To assist them understand how they each experienced and offered love differently, the therapist also introduced the idea of "love languages"—words of affirmation, quality time, acts of service, etc. Ms. C discovered that although she liked verbal affirmation, Mr. T showed his love through deeds of service (such as helping with housework).
- d) *Examining Future Objectives*: The therapist helped them seek compromises by facilitating conversations about their divergent future ideas. While Mr. T expressed his

worries about being prepared for such a big transition, Ms. C was encouraged to reveal her wishes for a family and a more conventional life path. They acknowledged that their schedules and approaches to reaching those objectives might vary, but they were also able to establish common values (such as respect for one another and the desire for a satisfying relationship) through this conversation.

ASSESSMENT

1. *Couples Therapy Assessment*

Understanding the couple's primary relationship dynamics, communication preferences, emotional tendencies, and objectives would be the main focus of this evaluation. A thorough assessment of the issues at hand and their effects on the relationship are usually part of it.

Overview of Couples Therapy Assessment: Introducing Problems

- a) Communication problems include growing disagreements and a lot of misconceptions.
- b) Issues with trust: Repercussions of an emotional affair that caused mistrust.
- c) Concerns with emotional intimacy include feelings of neglect, emotional detachment, and lack of appreciation.
- d) Differences in future goals: Mr. T places more importance on his job, but Ms. C wants to raise a family soon.

Strengths of the Relationship

- a) *Commitment to the relationship*: Despite their difficulties, Ms. C and Mr. T both stated a wish to see the relationship through to completion.
- b) *Emotional connection*: Despite their emotional distance, both people still have feelings for one another and are driven to make their relationship warm again.

- c) *Willingness to go to therapy*: Their willingness to seek help demonstrated a mutual desire to strengthen their bond.

Weaknesses in the relationship

- a) Communication difficulties include defensiveness, conflict escalation, and poor listening abilities.
- b) Trust issues: An undertone of insecurity and jealousy was brought on by the unresolved emotional affair.
- c) Priorities in life: Ms. C and Mr. T had different schedules for important life decisions, such as beginning a family.

Strategies for Intervention

- a) Empathy training and active listening: Instruct both partners on how to listen to one another's needs without passing judgment and how to react to them with compassion.
- b) Activities that foster trust include frequent check-ins and candid discussions about insecurity.

Encouragement of shared activities (e.g., date evenings, hobbies, positive reinforcement) is one way for couples to cultivate intimacy.
- c) Exercises for developing goals: Lead conversations about long-term objectives, coordinating timetables and values, and reaching reasonable compromises.

2.Mental Status Examination (MSE)

The results of Ms. C and Mr. T's Mental Status Examination (MSE) show clear emotional difficulties and cognitive strengths that correspond to their respective relationship troubles. Ms. C came across as well-groomed, but she looked worn out. She slouched a little and was stiff when talking about delicate subjects, which showed that she was frustrated and felt ignored. Anger and despair characterized her mood, especially in relation to Mr. T's

previous romantic affair, which added to her feeling of emotional detachment. Mr. T, on the other hand, seemed a little more unkempt and reclusive, displaying sentiments of remorse and perplexity about his behaviour and how it affected the relationship. He appeared emotionally distant, as seen by his muted affect, particularly while facing his prior transgressions.

Despite having distinct emotional challenges, both people showed intact cognition and sound judgment. While Mr. T struggled with self-doubt and fear about his future with Ms. C, Ms. C was distressed by impatience and a desire for a closer connection. Their communication problems were a major obstacle to overcoming these difficulties. Their development was greatly aided by therapeutic approaches meant to improve communication, deal with issues of trust, and promote emotional closeness. Frequent check-ins revealed that both people learned how their actions affected the relationship, highlighting the importance of therapy in resolving complicated marital issues and promoting a more positive working relationship in the future.

RESULTS

The three-month relationship counselling observation of "Ms. C" and "Mr. T" shed light on the initial effects of therapeutic interventions on their partnership. Despite being brief, the counselling procedure produced observable gains in a number of crucial areas, as explained below:

1. ***Initial Communication Improvements:*** By implementing strategies like "active listening" and "I-statements," Ms. C and Mr. T showed a steady transition toward more productive dialogues. They made strides toward listening to one another with empathy and communicating their emotions more freely by the end of the internship. They started communicating with less defensiveness and a greater openness to understand one another, and conflicts grew less intense. During their interactions, both partners felt

more valued and understood. They discovered how to actively listen to one another, respect one another's emotions, and settle disputes without making things worse.

2. ***Steps to Build Trust:*** Although there was not a complete resolution of the trust concerns resulting from Mr. T's previous emotional affair in the allotted three months, there was some initial progress. In an effort to reassure Ms. C, Mr. T began acting more openly, and Ms. C began to regain her trust. The foundation for restoring trust was laid by the couple's candid conversations about their emotions. Through open communication and vulnerability, they strengthened their bond, and Ms. C was able to forgive Mr. T for the previous emotional affair. Additionally, Mr. T became more open about his behaviour, which gave Ms. C a sense of security.
3. ***Increased Emotional Engagement:*** The couple reported feeling more emotionally connected over the monitored period as a result of the therapist's encouragement of purposeful activities such frequent date evenings and unbroken quality time. These initial attempts restored a sense of camaraderie between them and lessened feelings of neglect, even though deeper emotional connection was still a work in progress. By doing meaningful activities together and expressing their love in ways that spoke to each other, Ms. C and Mr. T began to emotionally reconnect. They started to feel less like roommates and more like partners.
4. ***Examining Future Objectives:*** Despite the fact that Ms. C and Mr. T were unable to fully agree on their objectives for the future throughout the three months, therapy allowed them to freely discuss their divergent ideas. While Mr. T expressed his need for more time to concentrate on his work, Ms. C expressed her wish to begin a family. Even though they hadn't reached a consensus yet, they had learned to appreciate one another's viewpoints, which laid the groundwork for future discussions. Although starting a family was still Ms. C's top priority, she and Mr. T were able to establish a

more reasonable timeframe and decided to bring up the subject again in a year. They were able to proceed with mutual respect and understanding as a result.

5. ***Initial dispute Resolution Skills:*** Ms. C and Mr. T started using the dispute resolution strategies that were covered in counselling sessions in real-life circumstances. They were using these abilities to some extent by the end of the observation period, avoiding escalation and settling little disputes more calmly. This first improvement gave them hope for handling future confrontations and a sense of progress.

Initial results showed that Ms. C and Mr. T had started to make significant improvements in their relationship, despite the three-month counselling session being the only one that was examined. They came out of counselling with a stronger sense of cooperation, useful communication skills, and a basis for developing trust. Early indications indicated that they were headed in the right way, even though the process of bringing about long-lasting change was still ongoing. These findings show that relationship counselling can help couples overcome obstacles with more confidence and collaboration by facilitating necessary skills and fostering initial improvements, even in a little period of time.

DISCUSSION

The case study of "Ms. C" and "Mr. T" that was observed over a three-month internship demonstrates how relationship counselling can help couples who are dealing with difficult relationship issues. The couple was able to resolve long-standing conflicts in their relationship by addressing the fundamental problems of communication, trust, and emotional intimacy through the use of a structured therapeutic method. The noted improvement in each of these areas highlights the value of tailored, research-based interventions, like active listening, trust-

building activities, and goal-setting, which gave the couple useful skills to handle delicate subjects without getting out of hand. By consistently using these strategies, Ms. C and Mr. T were able to regain a foundation of trust, establish healthy communication habits, and strengthen their emotional bond, which allowed them to talk about their future with less stress and mutual understanding. This instance emphasizes how short-term counselling may affect a couple's long-term relationship resiliency and shows that even deeply ingrained problems can be overcome with dedication and supported guidance. According to the anonymised results, couples can be better equipped to handle present and future relationship difficulties by using focused therapy techniques.

Relationship counselling also helps you develop new perspectives on each other and how you relate to each other, as well as better ways to spend time together. In addition to helping you explore your feelings and thoughts with your partner, relationship counselling uses "abilities work" to help you actually achieve something beyond expectations. With the use of research, I discovered that couples who receive early or premarital counselling are more successful than those who seek counselling later in life. It is believed that group or couple counselling is more beneficial than individual counselling. Couple and conjugal counselling is more serious and sometimes more complicated than working with individuals since it involves two people and the aspects of their relationship.

CONCLUSION

Observations of "Ms. C" and "Mr. T" during a three-month internship at a relationship therapy centre demonstrated the significant benefits that counselling may offer to couples dealing with relationship difficulties. The couple was able to strengthen their bond and develop better conflict-resolution techniques by reestablishing emotional intimacy, restoring trust, and

improving communication through organized therapeutic treatments. They were able to resolve long-standing problems and lay the groundwork for future relationship development by using strategies like active listening, knowing each other's "love languages," and coordinating their future objectives. By the time therapy ended, Ms. C and Mr. T said they felt more devoted and fulfilled, and they had acquired useful tools to deal with obstacles in the future. This case study illustrates the transformational potential of relationship therapy by showing how organized assistance can enable partners to successfully negotiate challenging emotional situations and come out on the other side with a stronger, more resilient bond.

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