

HOPE THERAPY & COUNSELLING SERVICES

Relationship Counselling

When the most important relationships in your life need support.

Qualified counsellors supporting individuals, couples and families with relationship difficulties across England — online nationwide and face-to-face. Six specialist areas of support, whatever your situation.

Couples Counselling

Individual Relationship

Infidelity Counselling

Pre-Marital Counselling

Family Counselling

Divorce & Separation

NCPS ORGANISATIONAL MEMBER

FROM £65

FREE 15-MIN CONSULTATION

SIX SPECIALIST AREAS

Relationships are at the heart of almost everything

When they are working well, relationships provide security, meaning, and joy. When they are under strain, the effects touch every area: work, sleep, health, confidence, and day-to-day wellbeing. Whatever your situation, you will find a relevant option below.

Couples Counselling

For couples at any stage — addressing recurring conflict, rebuilding connection, working through a difficult period, or investing in the relationship before problems take hold. All relationship structures and orientations welcome. From £85.

Individual Relationship Counselling

For individuals who want to understand and improve their relationship patterns — whether or not their partner is involved. Explores personal history, communication styles, self-worth, and how past experiences shape present relationships. From £65.

Infidelity Counselling

One of the most painful relationship experiences, requiring careful experienced support. Helps both partners process what happened, understand what led to it, and decide with clarity and compassion what they want next. From £85.

Pre-Marital Counselling

An investment in the future rather than a response to a problem. Helps couples build strong foundations — exploring values, expectations, communication, finances, family, and everything else that shapes a lasting partnership. From £85.

Family Counselling

For families navigating conflict, significant change, or breakdown in communication. Creates a space where different perspectives can be heard without escalation and new ways of relating can be found together. From £65.

Divorce & Separation Counselling

Separation is one of life's most emotionally demanding transitions. Supports individuals through grief, practical complexity, and identity questions — including co-parenting and rebuilding a new life. From £65.

Professional registration: Hope Therapy & Counselling Services holds NCPS Organisational Membership. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

HONEST ABOUT WHAT TO EXPECT

Not about deciding who is right — about understanding what is happening

Relationship counselling is a professionally guided space where people can slow down, be heard without the usual emotional charge, and begin to understand each other — and themselves — more clearly. It works best when people come willing to engage honestly, even when that is uncomfortable. A skilled relationship counsellor can hold multiple perspectives at once, which is something genuinely difficult to do from inside the relationship.

WHAT COUNSELLING CAN DO

- Create a space where both people can be genuinely heard
- Support clearer, calmer communication
- Support separation with more care and less damage
- Help identify the patterns beneath surface conflict
- Help work through infidelity, trust, and loss of intimacy
- Provide clarity for informed decisions about the future

WHAT COUNSELLING CANNOT DO

- Guarantee a particular outcome for the relationship
- Replace legal or financial advice in separation
- Save a relationship that one person has already ended
- Work effectively without honest engagement from those involved

THERAPEUTIC APPROACHES

Evidence-informed — tailored to each situation

Person-Centred & EFT

Emotionally Focused Therapy and person-centred approaches help couples and individuals understand the emotional attachment patterns beneath surface conflict — rebuilding safety and connection at a deeper level. From £65.

CBT & Solution-Focused

Identify thought patterns and behaviours maintaining relationship difficulties, and develop practical strategies for communication, conflict resolution, and rebuilding trust. From £65.

Trauma-Informed & EMDR

Where past trauma — individual or relational — is affecting current relationships, trauma-informed work and EMDR can process those experiences so they no longer dominate the present dynamic. From £65.

GETTING STARTED

1 Free 15-minute consultation

A brief, relaxed conversation. We listen to your situation and explore which type of relationship support would be most useful. No pressure, no obligation.

2 Matched with a counsellor

We carefully match you with one of our 90+ qualified therapists — considering experience, approach, and the nature of your situation. If the fit doesn't feel right, we'll find someone else at no extra cost.

3 Your first session

Your counsellor takes time to understand the situation from everyone's perspective. Individual sessions are 50 minutes; extended 90-minute sessions are available for couples where useful.

WHAT OUR CLIENTS SAY

“

We came in saying the same things and having the same argument on a loop. Three months later, we understand what we're actually fighting about. That has made all the difference.

COUPLE — COUPLES COUNSELLING

“

After the affair, I didn't know if we could come back from it. Our counsellor gave us a space to be completely honest — and helped us actually hear each other for the first time in years.

CLIENT — INFIDELITY COUNSELLING

“

I came alone because my partner wouldn't. Even so, I came away understanding my own patterns so much better — and eventually the separation — with much more clarity.

CLIENT — INDIVIDUAL RELATIONSHIP COUNSELLING

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Does my partner have to come too?

No. Individual relationship counselling is a valuable starting point if your partner is not willing to attend. We'll discuss the best option for your situation during the free consultation.

Is counselling only for couples in crisis?

Not at all. Many couples come as a proactive step — to strengthen communication, prepare for a significant life change, or work through a specific challenge. The earlier you seek support, the easier it tends to be to make meaningful changes.

Can relationship counselling save a relationship?

Counselling can help couples understand each other better, communicate more clearly, and address underlying issues. Whether that leads to renewal or a considered decision to separate is ultimately for the people involved to decide. Good relationship counselling supports everyone's wellbeing — not a predetermined outcome.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation — just a chance to explore which type of support could help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis service. If in immediate danger: **999** · **Samaritans: 116 123** — Free, 24hrs · **SHOUT: text 85258**

*Neutral, confidential,
professionally guided — a space
outside the relationship where
things can be seen more clearly.*

Hope Therapy & Counselling Services offers six specialist areas of relationship counselling — for individuals, couples, and families — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes experienced relationship counsellors across all relationship structures and orientations.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?
month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

**ALSO
FROM US**

The Talk Room Podcast — including episodes on relationships, communication, and navigating difficult transitions. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.