

Couples therapy helps strengthen a good relationship

A common misconception is that only couple with relationship issues should go to counseling.

LOS ANGELES, CA, UNITED STATES, September 16, 2017 /EINPresswire.com/ -- The truth is counseling can help any couple, even two people who already have a strong relationship said Jessica McIntyre, a counselor and [psychotherapist in LA](#).

"The old saying 'there is always room for improvement' is true everywhere even in rock-solid relationships," she said. "You have a great relationship now. It can be better. If your life is great now, imagine what it could be like if you take it to the next level."

Ms. McIntyre offered several ways in which therapy can help a couple become stronger and closer.

* Appreciate things

This is more than just appreciating the other person, Ms. McIntyre said. It's about appreciating everything and doing it together.

"The next time we get a gentle rain, the two of you should go out and stand in the rain. Feel the rain and know it is bringing life with it. It may sound silly, just try it. Stand out there and wrap your arms around each other," she said. "You don't have to be out there very long. The added benefit is when you come inside, you get to help each other take off the wet clothes."

* Take a class

Find something that you like to do. Find a class that teaches how to improve those skills. Take the class together.

"Everyone I know eats," Ms. McIntyre said. "Cooking classes are great. The bonus there is you get to eat what you cooked."

* More emotional control

"Counseling helps people learn how to better control their reactions and emotions," Ms. McIntyre said. "It's not just negative emotions like anger that may need controlling. Counseling also helps you to understand what your partner is going through, good and bad, and how to help them get through it faster."



Discover

* As a certified counselor, Ms. McIntyre has worked with hundreds of [couples](#). She brings all that experience and expertise to every counseling session. Everyone can learn something new, she said, and everyone can learn from what other people have gone through.

For more information visit www.jessicamcintyre.com or call (310) 477-5188.

ABOUT JESSICA MCINTYRE - The Los Angeles therapy practice is dedicated to being that caring professional. I have helped those who feel they have lost their way or lost their professional edge and simply need the support of a knowledgeable therapist who first relates by careful listening and then helps with the applicable counseling. This interaction specifically enhances impact reduction of irritating trigger events that underlie emotional problems. Success in this goal is usually indicated by the minimization and then reversal of the accompanying helplessness, confusion or low self-esteem that seems to be prevalent here in Los Angeles!

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