

Meaningful Life Counseling Introduces EFT for Marriage Counseling in Connecticut

Meaningful Life Counseling in Woodbridge, CT, introduces EFT to help couples strengthen relationships through in-person and online marriage counseling.

WOODBIDGE, CT, UNITED STATES, July 2, 2025 /EINPresswire.com/ -- [Meaningful Life](#)

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EFT helps Connecticut couples build stronger connections by addressing emotional needs, and our team at Meaningful Life Counseling is committed to guiding them through this process with care.”

Jonas Fenton

[Counseling](#), located at 1 Bradley Rd, #707, Woodbridge, CT 06525, is transforming marriage counseling in Connecticut with Emotionally Focused Therapy (EFT). This proven method boasts a 75% success rate in resolving relationship distress. As couples in Connecticut navigate post-pandemic challenges and economic pressures, the practice’s expert therapists, led by Yonah Fenton, LMFT, are helping them reconnect and thrive through personalized, evidence-based support.

Don’t let relationship challenges hold you back. Take the first step toward a stronger marriage with Meaningful Life

Counseling. Visit <https://www.meaningfullifect.com/marriage-therapy> or call (203) 871-1383 to schedule your session today.

Who’s helping Connecticut couples save their marriages? Meaningful Life Counseling, a Woodbridge-based practice, is leading the way with Emotionally Focused Therapy (EFT), achieving a 75% success rate in resolving relationship issues. On July 1, 2025, the practice announced its expanded EFT offerings, available both in-person and online, to meet growing demand. With marriage rates in Connecticut rebounding to 6 per 1,000 residents in 2022, Meaningful Life Counseling provides timely solutions for couples seeking to strengthen their bonds.

The Power of EFT in Marriage Counseling

Emotionally Focused Therapy (EFT) is widely regarded as the gold standard in couples therapy, with research showing that 75% of couples resolve distress and 90% experience significant improvements (Psychology Today). Unlike traditional therapy, EFT focuses on rebuilding emotional connections by addressing underlying attachment needs. This approach helps couples overcome common issues like communication breakdowns, infidelity, and financial stress, which

are particularly prevalent in Connecticut amid economic challenges and post-COVID disconnection.

Meaningful Life Counseling integrates EFT into its comprehensive marriage counseling services, offered both at its Woodbridge office and through a secure online platform. The practice's therapists, including Yonah Fenton, LMFT, an EFT-trained therapist and AAMFT Clinical Fellow, tailor sessions to each couple's unique needs. "EFT is transformative because it goes beyond surface conflicts to heal emotional wounds," says Fenton. "Our goal is to help couples in Connecticut build lasting, fulfilling relationships."

Addressing Connecticut's Relationship Challenges

Connecticut's marriage landscape has undergone significant changes in recent years. According to the CT Mirror, marriage rates rose to 6 per 1,000 residents in 2022, up from 4.3 in 2020, reflecting a post-pandemic rebound. However, divorce rates also climbed to 2.5 per 1,000 in 2021, driven by stressors like economic uncertainty and parenting conflicts. Meaningful Life Counseling addresses these challenges by offering:

- Personalized EFT Sessions: Helping couples rebuild trust and intimacy through structured, evidence-based interventions.
- Online Accessibility: Providing virtual counseling to accommodate busy schedules, with research confirming online therapy's effectiveness (Forbes Health).
- Free Consultations: Encouraging couples to explore therapy without financial commitment, reducing barriers to seeking help.

"Nearly 49% of U.S. couples have tried counseling, and those who engage early see the best outcomes," notes Fenton, citing data from Crown Counseling. By offering EFT, Meaningful Life Counseling empowers couples to prevent divorce and foster resilience.

The impact of EFT at Meaningful Life Counseling is evident in the stories of couples who have transformed their relationships. "We were on the brink of giving up," says Sarah M., a client from New Haven. "EFT helped us understand each other's needs and rebuild trust. Meaningful Life Counseling gave us the tools not just to survive but thrive." Such testimonials underscore the practice's commitment to delivering measurable results, with 90% of EFT participants reporting improved emotional connection (Verywell Mind).

"Seeing couples rediscover their love is why we do this work," says Fenton. "EFT's structured approach, combined with our empathetic support, makes marriage counseling in Connecticut more effective than ever."

Why EFT Matters Now

The rise of EFT comes at a critical time. Economic pressures, such as inflation and job uncertainty, strain relationships, while post-COVID disconnection has left many couples feeling

isolated and disconnected. Meaningful Life Counseling's EFT-based approach addresses these issues by helping partners:

- Identify and express underlying emotions.
- Break negative communication cycles.
- Build secure, lasting bonds.

With over a decade of experience, Meaningful Life Counseling combines EFT with other evidence-based methods, such as Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR), to offer holistic support. The practice's online platform further enhances accessibility, making it easier for couples across Connecticut to seek help.

About Meaningful Life Counseling

Meaningful Life Counseling, located at 1 Bradley Rd #707, Woodbridge, CT 06525, is a premier provider of marriage counseling in Connecticut. Founded by Yonah Fenton, LMFT, the practice specializes in Emotionally Focused Therapy (EFT), Cognitive Behavioral Therapy (CBT), and Eye Movement Desensitization and Reprocessing (EMDR). With over 10 years of experience, Meaningful Life Counseling helps couples and individuals overcome relational and emotional challenges, fostering stronger, more fulfilling lives.

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Meaningful Life Counseling

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