

Are you longing for love, connection and understanding?

...but instead do you:

Have recurring fights with no resolution?

Feel disrespected, nagged or criticized?

Lack affection, intimacy or sex?

Feel distant, unimportant or unloved?

Feel suspicious or betrayed?



If so we can help you:

- ♥ Rebuild safety and trust
- ♥ Be a priority for each other
- ♥ Communicate so are really heard
- ♥ Resolve anger and conflicts
- ♥ Receive more caring and respect
- ♥ Have more fun together
- ♥ Get the love you want



Douglas, Sandy & Sophie Jardine

Marriage and Couples Counseling that Works

We all know there is nothing as precious as a great relationship. That's why **your** relationship deserves **Emotionally Focused Therapy (EFT)**. This is the treatment that years of research shows to be highly effective in helping couples improve their relationship, resolve conflicts, repair trust, and feel safe, loved and connected. EFT helps couples get to the heart of the matter. It is designed to stop the negative and stuck patterns in relationships, transforming them into the love, connection and understanding you desire. Research shows that EFT works, and that its results last. (See [What is EFT.](#))

Your Relationship Specialists


In addition to highly effective treatment, you deserve experienced, well-trained therapists who specialize in couples therapy. For over two decades, we have devoted ourselves to ongoing couples-therapy training and to helping couples repair their relationships -- to feel safer, more trusting and more loved. (See [Meet Sandy](#), [Meet Douglas](#).)

To put Emotionally Focused Therapy to work for your relationship, call us today at **480-990-9128 (Sandy)** or **602-538-9094 (Douglas)** or email us at info@couples-counseling-phoenix.com. We will answer your questions, provide a brief, free, phone consultation and set up an appointment.



Still not sure? Review these [7 Signs of a Relationship in Trouble](#).

[Print in PDF format](#)

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