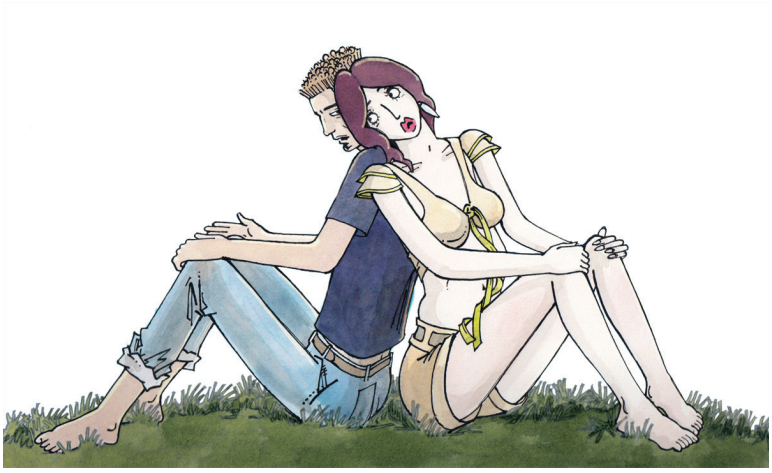


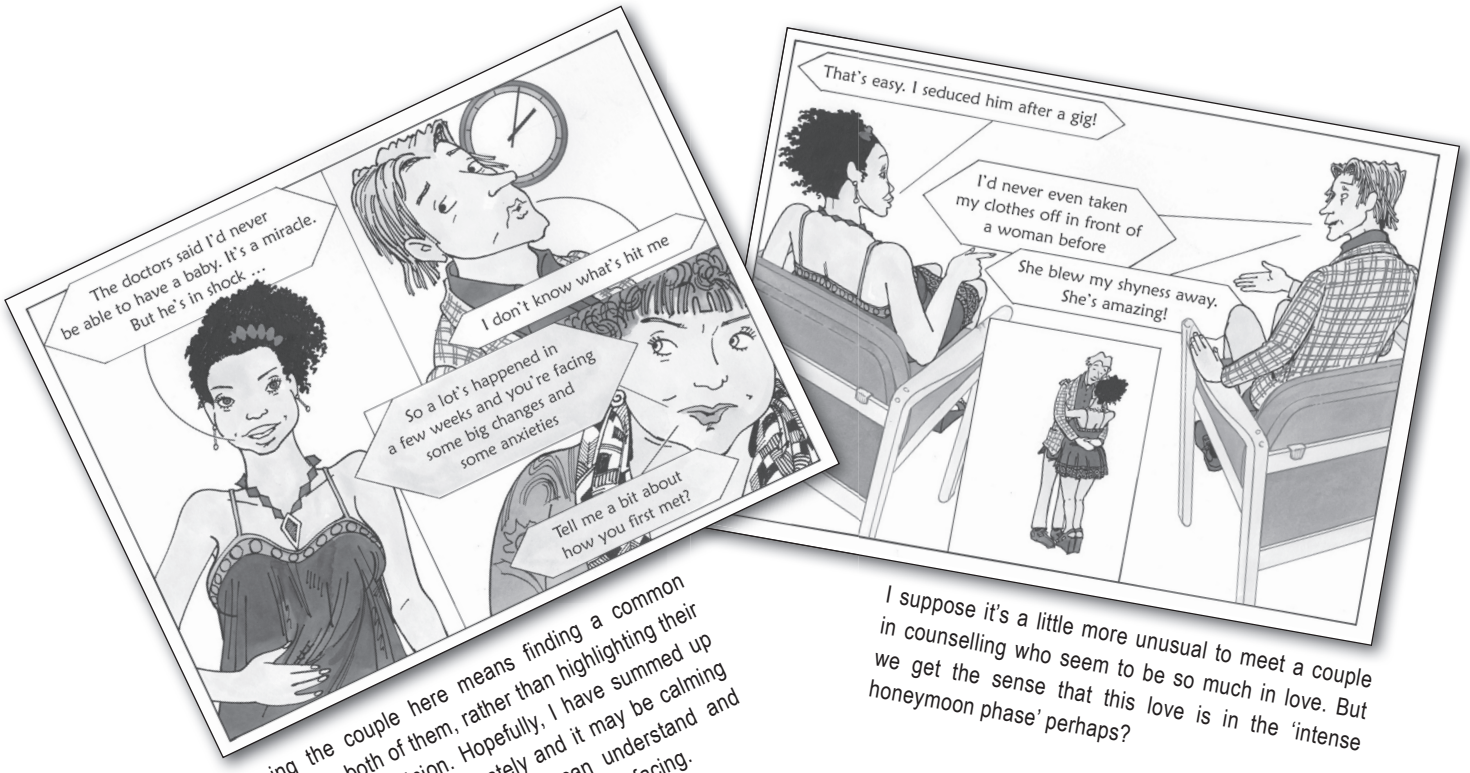
COUPLE THERAPY

DRAMAS OF LOVE AND SEX

Barbara Bloomfield and Chris Radley

Anthony and Andrea aren't getting on. It's five weeks away from their marriage and Andrea has caught her fiancé cheating on the internet, with an older woman! Share this couple's journey with their counsellor and become a fly on the wall as they journey into their most private and unknown places.

Much more than a comic strip, graphic novel **Couple Therapy: Dramas of Love and Sex** takes you into the hidden world of the Relate counselling room, and lets you into the private worlds of two fictional couples (plus one family) as they struggle to improve their relationships and their sex lives.



Joining the couple here means finding a common agenda for both of them, rather than highlighting their differences of opinion. Hopefully, I have summed up their joint situation accurately and it may be calming for the couple to hear that I can understand and empathise with the challenges they are facing.

I suppose it's a little more unusual to meet a couple in counselling who seem to be so much in love. But we get the sense that this love is in the 'intense honeymoon phase' perhaps?

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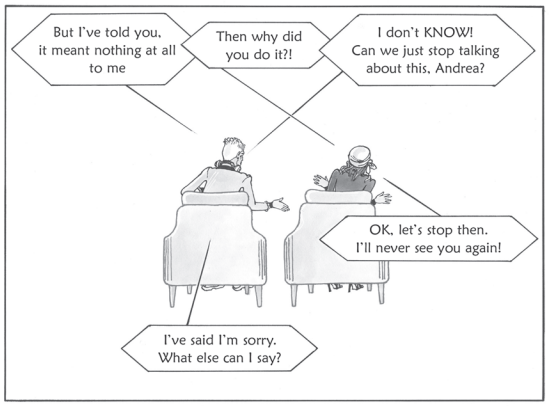
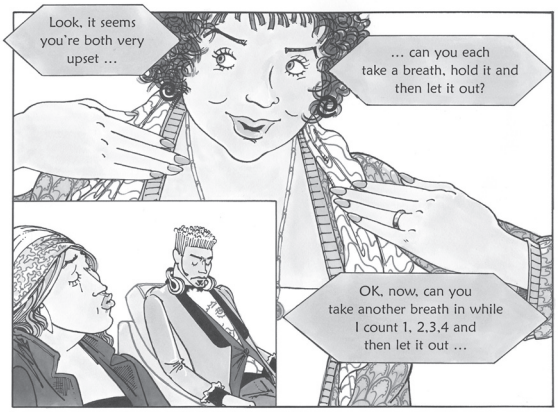
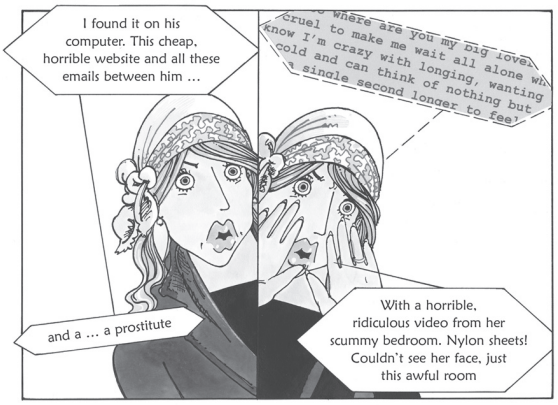
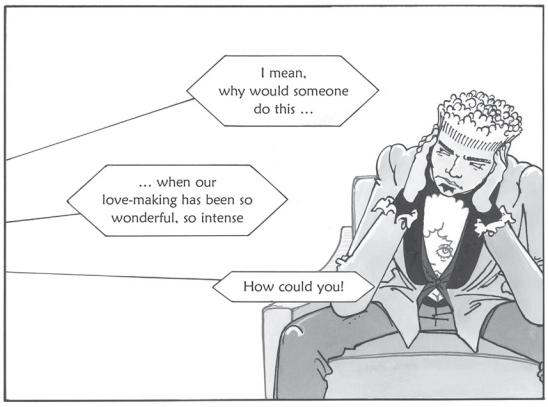
Counsellor Barbara Bloomfield discusses each case with renowned family therapist, Prof. Rudi Dallos, as they share thoughts, theories and active techniques that will help each couple to understand what's gone wrong and how to make changes for the better.





The discovery of an affair is perhaps the most upsetting challenge that a committed couple can face. And internet affairs can cause as much pain as real life adultery. However, if a couple is coming to counselling together after an affair, it indicates that they both have strong desire to look at what's gone wrong.



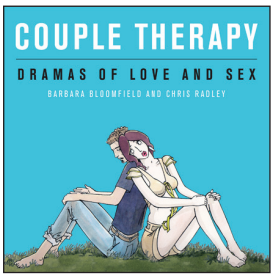


A counsellor needs to be sensitive to the amount of detail that the 'victim' needs to know about the affair. Here, Andrea has obviously become caught up in the unfolding story. But I always caution clients that, once they know all the details, they can never 'un-know' that information and they may be left holding traumatic thoughts.

Barbara Bloomfield is a Couples and Family Counsellor and Supervisor with Relate. She is also a former newspaper journalist, BBC radio reporter, producer and an author of several books including The Relate Guide to Finding Love.

Chris Radley is a freelance creative consultant who has worked chiefly with overseas development and UK social needs charities, and on a wide range of writing and design assignments from political cartooning to graphic novels.

Rudi Dallos is a Professor and Programme Director on the clinical psychology training programme at Plymouth University. His recent book publications include An Introduction to Family Therapy, Third Edition (OpenUP, 2010) and Reflective Practice in Psychotherapy and Counselling (OpenUP, 2009).



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