

# WE NEED TO TALK ABOUT RELATIONSHIPS



Conflict between parents that is frequent, intense and unresolved is not only damaging to the mental and physical health of the couple, but also has long-term negative impacts on children's outcomes, including their mental and physical health, cognitive and emotional development, and capacity to make healthy and constructive relationships as they get older.

Research shows relationship support can help whether or not couples have children. It can benefit:

relationship satisfaction

“Clients reported a significant increase in relationship satisfaction at the end of treatment compared to the beginning.”

Source: 'The Effectiveness of Couple Therapy: Clinical Outcomes in a Naturalistic U.K. Setting'. Hewison.

mental health

Couple Therapy for Depression has the leading recovery rate of all treatments in NHS IAPT services.

Source: 'IAPT Annual Report 2015/16'.

parenting and our children's wellbeing

“... how parents communicate and relate to each other is a primary influence on effective parenting and children's long-term mental health and future life chances.”

Source: 'What Works to Enhance Inter-parental Relationships and Improve Outcomes for Children' for the Department for Work and Pensions. EIF review (led by Professor Gordon Harold).

There is further evidence the world over that couple counselling works...



All of these countries have produced research bearing out the positive effects of relationship counselling:

United Kingdom, Germany, Sweden, Canada, Australia, USA.

... and yet despite all this evidence ...

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**TAVISTOCK**  
RELATIONSHIPS

... our survey shows that many people are reluctant to get help for their relationship.

**64%** of people in long-term committed relationships unlikely to seek help

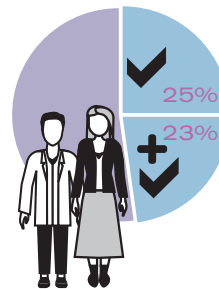


Biggest cited reason: scepticism that couple therapy works **43%**

**1 in 4** who initially responded said they would consider couple therapy...



however...



**36%** of people who said they wouldn't consider couple therapy said they **would** if provided with evidence that it could improve relationships

Answers to our survey based on a YouGov poll

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## Is this the last public health taboo?

After years of silence, our society is now discussing mental health. **We need to extend this to talking about our relationships.**

At Tavistock Relationships, every year we help thousands of couples and see first hand the positive effects on couples, families and children.

"My ability to understand my partner's emotions and needs has improved and the relationship with and appreciation of my children have improved significantly."

"I would like to thank Tavistock Relationships for helping us during a challenging time in our lives. The quality of the therapy we received from our counsellor has enabled us to grow and we have found the experience invaluable."

"The experience has been so valuable, I am very grateful to our therapist – we are so much more positive about our future! Thank you."

Feedback from Tavistock Relationships Client Questionnaires.

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