

'I'M HERE TO LISTEN TO BOTH SIDES'

COUPLES THERAPY CENTRE OPENS IN DOWNTOWN CORE

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A Georgetown woman is combining her professional training with lived experiences to help local residents heal their relationships with loved ones.

Joseanne Spiteri is the face behind the Couples Therapy Centre, which recently opened its doors in downtown Georgetown.

The mother of four, who also holds a Master's of Arts in counselling psychology, is specializing in relationships, whether the couple is married, common

law or living separately.

"I think it's really important to work on relationships because they're such an integral part of our lives, especially in families where the parents are having trouble communicating or getting along," she said.

"The trickle-down effect is something that can benefit the children and future generations if they're able to keep the family together."

The local woman said she understands what it's like to be in a relationship that doesn't work out and the nuances that come with a second marriage — insights that she can draw on as she launches her new business helping others who may be in the same position.



Melanie Hennessey/Torstar

Couples Therapy Centre owner Joseanne Spiteri.

According to Spiteri, the most common reason couples begin therapy is communication problems, which can ultimately break down a relationship.

COUPLES THERAPY CENTRE

Address: 126 Main St. S., Georgetown
Email: joseanne@georgetowncouplestherapy.com
Online: georgetowncouplestherapy.com
Phone: 416-949-9878
Hours: Monday – 10 a.m. to 9 p.m. Thursday – 3 to 9 p.m. Friday and Saturday – 10 a.m. to 5 p.m.

She's also trained to help couples coping with infidelity, betrayals of trust and challenges that arise when blending two families together in a new relationship.

But not all partners who walk through her doors will stay together.

"Couples counselling isn't always about bringing the couple closer. Coming here can allow them to get that clarity on whether to leave a relationship," she explained. "Sometimes, couples come who need help separating in the most

amicable way, especially if children are involved."

In many relationship conflicts, she said there's typically one partner who doesn't want to attend therapy for fear that they'll be judged or the therapist will take sides.

"But that's not what couples counselling is about," she noted. "I'm not a judge, this isn't a courtroom. I'm here to listen to both sides."

If stress and anxiety are impacting the relationship, Spiteri — who's also a certified yoga instructor — said she can draw on this training to teach the couple breathing and relaxation techniques.

"It's all about helping people," she said. "I love what I do. I think it's really meaningful."

Couples Therapy Centre is offering both virtual and in-person sessions, with the latter following pandemic safety precautions.

For more information, visit www.georgetowncouplestherapy.com.



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