

Relational Matters

www. DRMICHAEL.CA



DR. MICHAEL K. HAGGSTROM

Coach, Counsellor, Certified Psychotherapist, D-CPC, RPC

THE PROFESSIONAL INSTITUTE
for **HEALTH, WELLNESS & SUCCESS Inc.**

1501-17 Ave SW, Calgary, AB

FOR AN APPOINTMENT CALL (403) 220-1101



People are concerned about relational discord, after all approximately half of all marriages end in divorce. Premarital Counselling & ongoing Marriage Enhancement can provide couples with the skills, information & tools to build a strong, committed & fulfilling relationship for the long-term. Many people, however, neglect to regularly invest in their relational growth & find themselves in a place of relational disharmony. Dr. Haggstrom believes that while separation and divorce may seem to be the only solution to ones relational problems, they can be avoided by learning how to transform a conflictual relationship into one that is fulfilling & happy. Indeed, Dr. Haggstrom's preferred method of therapy is SOLUTION-ORIENTED COUNSELLING. Individualized sessions concentrate on solutions instead of over-exploring the problem itself. Clients are encouraged to focus more on discovering what works & less on what does not.

Experiencing Relational Fulfillment
Building a Strong, Loving Relationship
Experiencing Conflict Resolution & Healing
Overcoming Relational Anxiety
Developing Unity & Respect
Improving Communication

Marriage Preparation

Brief 4 to 8 Session Programs

**allowing two individuals to explore
the nature of their relationship**

Issues that are looked at may include:

- ✓ Individual Expectations
- ✓ Effective Communication Styles
- ✓ Temperament Appreciation
- ✓ Beliefs about Roles, Sex, Money,
Parenting

Marriage Enhancement

Strengthen Your Marriage

In just 4 to 8 sessions

You Choose the Focus You Want, such as:

- ✓ Practicing Win-Win Communication
- ✓ Defining Mutual Life Goals
- ✓ Rediscovering Romance & Love
- ✓ Appreciating Personal Differences
- ✓ Developing Unity & Respect
- ✓ Experiencing Conflict Resolution & Healing
- ✓ Overcoming Anger & Resentment
- ✓ Dealing with Infidelity
- ✓ Overcoming Relational Boredom
- ✓ Learning How to Meet Your Partner's Needs

Family Matters

Strengthen Your Family

In just 4 to 8 sessions

- ✓ to Prepare for Parenthood
- ✓ to Develop Mutual Goals &
Strategies
- ✓ to Deal with Parents & In-Laws
- ✓ to Assess Your Child's
Developmental Needs
- ✓ to Learn Effective Child-rearing
Techniques
- ✓ to Deal with Blended-Family Issues

MARRIAGE & FAMILY COUNSELLING can provide couples with the skills & tools to develop a successful & fulfilling relationship over the long-term.

It can also help to resolve current issues that are hindering relational health.