



The Relationship Institute

O F N E W J E R S E Y

Patrick Connelly, LCSW

In-Person/Virtual

Counseling for Couples & Individuals

COUPLES COUNSELING

Sound familiar?

- Your relationship is suffering from frequent conflict
- You are feeling disconnected from your partner
- The passion in your relationship is a distant memory
- Life has kept you so busy that you have lost sight of your relationship

You can heal your relationship! Even if things look dim now, there is a way to get your relationship back on track. You can regain the intimacy and friendship you miss. You can grow old together in a happy, loving relationship. I use the latest research-based interventions to get you reconnected and increase affection, passion and commitment.

How I work with couples: You can expect that during couples therapy I will be there for you and your partner, guiding, encouraging and challenging you in your work to have the relationship you both desire. We will begin by identifying current issues and what is and isn't working in the relationship. I will work with you to learn/practice skills to manage conflict, communicate more effectively, strengthen the bond in your relationship, improve your friendship and increase the positivity in your relationship.

COUNSELING for CAREGIVERS

Is this you?

- Does your life revolve around caring for others—with little room left for yourself?
- Is caregiving stress affecting your health, mood, work, sleep, outlook, etc.? Do you feel burned out?
- Are your other relationships suffering due to the time/effort you put into caregiving?
- Do you criticize yourself as "not good enough?"

How I work with caregivers: Many caregivers feel that they have no way out of ever-increasing responsibilities and stress. Via counseling, I provide caregivers with a nonjudgmental space and therapeutic support to assess their personal needs and explore self-care strategies that shore them up, help repair them and aid them in dealing with adversity. Ultimately, it can help them figure out how to lead more satisfying lives that include and go beyond their caregiving role.

INDIVIDUAL COUNSELING

Is this your situation?

There may be any range of circumstances that hold you back from leading the fulfilling life you desire. For example, overwhelming stress, family and relationship issues, depression, anxiety, panic, excessive worry, obsessive compulsive behavior, addictions or past abuse/trauma might negatively affect your daily functioning. You may struggle to cope with changes in your life, such as having a child or becoming a caregiver, losing a job or shifting a career, getting divorced, dealing with chronic illness, losing a loved one, etc.

How I work with individuals: Through therapy, I will provide you with a safe, comfortable and professional environment to discuss issues. I will tailor sessions to your specific needs and your history, strengths and experiences. My objectives include helping you clarify your concerns, take action to address them and achieve greater overall satisfaction in your life.

TAMING the INNER CRITIC

Sound familiar?

- You find yourself replaying situations and kicking yourself for what you said/didn't say?
- You your own worst enemy
- You feel like a failure or phony in some area of your life, despite evidence to the contrary
- You are perfectionist and often dissatisfied because your standards are not met

How I can help: Many of my clients bring to therapy their struggles with self-judgement, self-blame and self-doubt. I aid them in understanding this "inner critic," making peace with it and taming its power over them.

I am available for virtual and phone counseling to new and existing clients from New Jersey and Vermont, as well as in-person sessions in my NJ office.

During my almost 30-year career in the mental health field, I have assisted many people struggling with a wide array of life stressors and mental health problems. I would be honored to utilize my skills and expertise to support you in therapy. **Call (609) 780-3570** for an appointment or with questions. Visit **relationship-institute-nj.com** for more information.

I also offer clinical supervision for therapists and education/consultation for groups/organizations. Call to discuss.