

Couples: communication and repair | Facilitate

Facilitating a Safe, Focused Couples Practice

Mental health professionals | 10 to 20 minutes | Session guide

Select and adapt a brief communication exercise within appropriate couples care.

This guide is for qualified professionals choosing whether one of the pack's activities fits current care. It is not a couples assessment, a treatment model, or a substitute for specialist competence.

How to use this page

Use the steps as a preparation and debrief aid. Allocate time separately for assessment, privacy, and any required follow-up; the stated duration covers reviewing this guide.

Establish suitability privately

Check fear, coercion, retaliation, and the ability to decline before inviting joint practice. Follow the service's separate screening and safety procedures. Do not label abuse a mutual communication deficit. Seek specialist consultation or referral when joint work is unsuitable.

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Choose a narrow learning task

Ask partners what they hope to gain and what they want to avoid. Select a low-stakes topic. Offer spoken or written turns, interpretation, processing time, and a visible stop option. Agree how to handle a pause without pursuing, blaming, or forcing reconnection.

Observe and respond

Notice whether both perspectives can influence the activity. Interrupt intimidation or pressure; better phrasing alone is not the remedy. Invite feedback about whether the task fit their language, culture, disability, and relationship structure. Close with a voluntary next step, or with a decision that no home practice is appropriate.

1. Suitability, adaptation, and follow-up questions to address through approved clinical processes**Facilitator notes and adaptation**

Use approved, confidential documentation systems for real client information. These educational pages do not establish safety, competence, consent, or treatment effectiveness.

PK06-07 | continued**About this resource**

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB01 | The Gottman Institute | Six Tips for the Six Skills of Conflict Management

<https://www.gottman.com/blog/manage-conflict-the-six-skills/>

PB02 | National Domestic Violence Hotline | Should I Go To Couples Therapy With My Abusive Partner?

<https://www.thehotline.org/resources/should-i-go-to-couples-therapy-with-my-abusive-partner/>