

# Free Integrative Behavioral Couple Therapy

Clark University is offering FREE Therapy for couples who would like to strengthen and improve their relationship.



## Goals of IBCT

- Improve each partner's understanding of their relationship
- Increase acceptance and intimacy between partners
- Promote more loving positive behaviors
- Increase relationship satisfaction

## How Does IBCT Work?

- You will be working with a trained clinician in the Clinical Psychology Doctoral Program at Clark University.
- The first phase of therapy consists of 4 sessions of relationship evaluation, where the therapist learns about your strengths and concerns.
- The second phase of therapy is the active treatment. Your therapist will meet with you and your partner in weekly or bi-weekly 50-minute sessions.
- Your therapist will work to create a safe and productive space for you and your partner to communicate and work through relationship issues; so even if things are challenging right now, therapy can be helpful.



Interested?

Contact [couplestherapy@clarku.edu](mailto:couplestherapy@clarku.edu) or call 508-793-7269