



BRIGHT LIGHT
relationship counselling

Restorative Relationship Therapy



When you don't talk...

...there's a lot of stuff that ends up not getting said.

What is Restorative Relationship Therapy?

When we fear our relationships are under threat, we can behave in self-defeating ways. Sometimes we can become controlling and abusive. When people come to us under so much stress that they are really hurting the one they love, we focus on making things safe. We aim to de-escalate the tension and help people recognise how their behaviour is so destructive for their partner and their relationship. We invite people to accept responsibility for their behaviour. And, for men in particular we ask you to adopt an ethical masculinity which prizes equality, truth and integrity. We also call this type of therapy, couple counselling in safe mode.

Call us on 0131 556 1527

We value each person enquiring about our services and you can expect a warm professional welcome when you contact us. Visit our website for full details of all our services. www.bright-light.org.uk

Who do we help?

We help couples who are often refused couple counselling elsewhere because of abuse in the relationship.

Our primary focus is on relationships. We see relationships as valuable. Behind every strong man and powerful woman there is a

web of strong and powerful relationships which has made us who we are, sustain us and empower us to journey on to greater things. But there are times our relationships get bent out of shape.

Usually under such conditions, we offer couple counselling (also known as restorative relationship therapy). However, where there is need to address highly volatile relationships, we use restorative relationship therapy to de-escalate tensions first. We always place emphasis on safety first.

We help people in all types of couple relationship; people who are married, in civil relationships, living together or simply going out together. We also see same sex couples, transgender couples and mixed couples where partners cross ethnic, cultural or religious backgrounds. We pay special attention to where such differences can place further tensions on relationships

What do we do?

Over a period of three to four months we work with each partner on their own, although with a strong emphasis on your relationship. Periodically, during the individual counselling stage, you will come together as a couple, to discuss the progress that is being made. Your counsellors will be assessing the stress between you and aiming to bring it down. We help people to take responsibility for their relationship and

relinquish responsibility for the behaviour of others. After a this period of time, once it is safe to do so, you will then move on to couple counselling, where you are both in the counselling room together, working as a team on your goals and aspirations.

This way of working allows you both the space and time to explore what you each bring to your relationship. Many couples find this a helpful way to talk through their experiences in a supportive, non-judgemental way, which enables them to then voice their feelings calmly in couple counselling further down the line.

What problems does Restorative Relationship Therapy help with?

This type of therapy helps relationships affected by:

- Physical abuse and gender based violence
- Emotional and psychological abuse
- Intimidation and fear
- Coercive and controlling partners
- Uncontrolled jealousy
- Uncontrolled anger
- Sexual abuse and coercion
- Partners stalking and spying upon the ones they are meant to love
- Threatening behaviour
- When the police have been involved

How much time will it take?

It takes around twelve to sixteen weeks to de-escalate a harmful relationship. After that it can take twelve to twenty further sessions of couple counselling to address reach the goal the clients came to work on.

How do I make an appointment?

Families can refer themselves or be referred by another agency. Just call and talk to us. We will invite you to come in for a welcome meeting which will help us clarify your needs and goals. You will be asked to pay £29 to book this initial meeting.

After that, sessions with our professional counsellors usually last an hour and we ask you for a contribution of £60 to help cover our costs. If you feel you can't afford this, please speak to us in confidence and we can agree an affordable amount. We will not turn you away.



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RELATIONSHIPS **SCOTLAND**

Bright Light is a Member
of Relationships Scotland



COSCA

Counselling & Psychotherapy
in Scotland

CONFIDENTIALITY

Everyone who works at Bright Light is bound by a code of confidentiality and will not give your name or any information about you to anyone outside Bright Light without your permission. The only time we would break this code is if a child is at risk or we believe an adult is at risk of serious harm or where we are legally obliged to do so.

CONTRIBUTIONS

As a not-for-profit agency Bright Light asks for a contribution to the cost of therapy. We will provide a sliding scale so that you are able to decide how much you can contribute to the wellbeing of the charity. If you have to cancel an appointment, please give us 48 hours' notice.

Bright Light is a company limited by guarantee with charitable status SCO11989
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