

Who We Are

Background

Dr Cory Middleton is the lead Psychologist at Relationship-Talk. Cory understands the juggle of maintaining relationships and family around a busy life. The Relationship-Talk approach provides insightful awareness about common challenges, stressors and triggers that occur in maintaining desirable relationship connections.



Our Approach

Relationship-Talk adopts the evidence-based practice of Gottman Method Couples Counselling. Gottman Method is based on over 40 years of quality research that unpacks the detail of how people connect and disconnect.

Join The Next



RELATIONSHIP TALK COUPLE'S SUMMIT

Join an upcoming **Relationship-Talk Summit** - an inspiring weekend workshop learning about evidence-based communication patterns and relationship habits that make connection, love and intimacy work. Work through challenge and invest in your relationship happiness.

Contact Us

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Scan to visit website.



RELATIONSHIP TALK

Therapeutic conversations about
love, marriage, family & life stages.

Our Services



Couple's Counselling

Helping couples work through challenge and master their pattern of interaction and connection. Goal-orientated style of therapy, helping you transform your experience inside your relationship.



Intensive Couple's Summit

Weekend workshop for couples. Evidence-based strategies for mastering or fine-tuning relationship patterns and experiences.

Individual Counselling

Helping individuals through challenges navigating relationships and life. Do the work on self to improve how you think, feel and behave in relationships.



Marriage Readiness Course

Short-course for couples wanting to be proactive in building a long and healthy relationship. Opportunity to discuss important aspects of your life together guided by a professional.



About You

Topics Covered

Relationship-Talk counselling is ideal for individuals and couples who experience challenges in their ability to find and maintain fulfilling relationship connections. Common topics covered in counselling include:

- Personal confidence
- Relationship stress management
- Ongoing arguments & conflict
- Disconnection & loneliness
- Relationship breakdown
- Intimacy
- Raising a family
- Conflicting communication styles
- Mutual appreciation
- Loss of identity
- Relationship resilience
- Marriage readiness