



# COUPLES THERAPY



[www.sage-clinics.com](http://www.sage-clinics.com)



Sage Clinics is a premium mental health care provider founded by well-established UAE healthcare professionals, with the goal of delivering high quality, evidence-based mental health care.

The Sage team comprises international, western-trained mental health specialists – psychiatrists, clinical psychologists and dietitians – who work as an integrated team using evidence-based practice to deliver the best outcomes for every individual, couple, family, group or company they work with.



# Why choose Sage?

At Sage Clinics, we understand that every relationship is unique, and we're committed to providing a safe, supportive, and non-judgmental space where couples can explore their feelings, enhance their communication, and rediscover the joy of being together.

Our experienced and licensed therapists specialize in couples therapy and are dedicated to helping you navigate the challenges you're facing.



# Why Choose Couples Therapy?

Relationships are complex journeys that require nurturing and effort. Couples therapy offers a dedicated space where you and your partner can:





# Benefits of Couples Therapy

- **Improve communication:** Learn to express your feelings and needs effectively, and truly understand your partner's perspective through active listening.
- **Resolve conflicts:** Gain practical tools to navigate disagreements and conflicts, fostering understanding and finding mutually satisfying resolutions.
- **Rediscover intimacy:** Rekindle emotional and physical intimacy by exploring your desires, enhancing connection, and reigniting passion.
- **Navigate life transitions:** Whether you're dealing with major life changes, such as marriage, parenthood, or career shifts, couples therapy can help you adapt and thrive together.
- **Increase understanding:** By exploring triggers, sharing experiences and challenging assumptions, couples therapy can help you and your partner understand each other better.
- **Enhance mutual respect and appreciation:** Through active listening, validation, and building on strengths, couples therapy can help enhance respect for each other.





# What to Expect

- **Initial assessment:** We begin with an in-depth assessment to understand your relationship's strengths, challenges, and goals.
- **Tailored sessions:** Your sessions are personalized to address your unique needs, ensuring that you make meaningful progress.
- **Safe space:** Our therapists provide a confidential and empathetic space where you can openly express yourselves.
- **Practical tools:** You'll acquire practical tools and techniques to implement in your daily life, fostering lasting positive change.
- **Progress and growth:** As you journey through therapy, you'll witness the positive transformation of your relationship and individual selves.





# Your Health, Our Priority



We offer **direct billing** for **Enaya Insurance holders**, ensuring you a smooth path to care.

We also provide a straightforward **pay-and-claim process** for all **other insurance**, making it easier for you to access the care you need.

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# Contact Our Team



Our team of mental health professionals is here to help you build healthier and happier relationships

If you're interested in learning more about couples therapy services and how we can help support your relationship, please don't hesitate to contact us.



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