



## **The Cambridge Center for Change offers Couples Groups**

We have support groups for many issues: parenting, addiction, loss of a loved one, divorce...but not for what we want most of all and have the greatest difficulty achieving: a satisfying long-term relationship. A couples group can diminish the isolation that couples often feel when they struggle as they learn very quickly that we all share similar issues.

**“From the first group, I was amazed that I could relate to what all the other couples were saying. We have those same patterns and I felt I was listening to conversation we have had!”**

**About the Groups:** A Couples Group usually consists of 4 couples and are led by Richard and Amanda Curtin. We meet for 90-minute sessions, either once per week or every other week. We also offer Couples Groups for gay and lesbian couples.

Richard and Amanda believe that couples need concrete tools and a definite, structured program. They also believe in the power of community as we share paths and struggles and grow and change together.

### **The program includes:**

**Family genograms:** No matter where your family is in the dysfunctional/healthy continuum, our ideas and patterns around relationship were formed from our childhood experiences, especially watching Mom and Dad. Both couples present their genograms on the same night so we can see each person's history and how the two histories fit together

**The Relationship Recovery Process (also known as the 1-2-3):** This is a specific process for resolving conflict that was developed by Amanda Curtin. The goal is to recognize when you are triggered, heal the well of pain we carry from the past and project on our partner, resolve the present bump and feel closer.

**Experientials:** Awareness is not enough to change deeply habituated patterns. Amanda and Richard have developed a way of finishing business with the past that promotes change at a deep level.

**Specific Topics:** We focus on the topics couples report having the most difficulty with including finances, sexuality, parenting, power and communication.

**Who should participate?** Any couple that wishes to resolve ongoing issues while building on the positive aspects of their relationship would benefit from a Couples Group.

**Why a Group?** Most couples looking to improve their relationship seek traditional couples therapy (which we also offer). Our Couples Groups have some extra benefits that are unique. Couples can often see others patterns more easily than they can see their own – so observing and providing feedback to another couple deepens their own understanding of issues and the skills needed. One man told me he was able to hear feedback from the other men in the group more easily than if a therapist had said it. We have observed a positive peer accountability in a group setting, where couples support each other as they are “doing the work”. ‘It surprised us how safe the group felt and how much we needed a community of couples in our lives, one couple said at the end of their group experience.

**Fees:** \$150 per couple for each session. PPO insurances are accepted. Some sliding fees are available

**Contact Information:** For more information, call Amanda Curtin at (617) 491-5859.

**About the Cambridge Center for Change:** The Cambridge Center for Change was established by the husband-and-wife team of Amanda Curtin, LICSW and Dr. Richard Curtin, PsyD. Since 1988, the Center for Change has offered individual, couples, and group psychotherapy for adults. Amanda Curtin specializes in childhood trauma, addiction, couple work and group work. She has been leading groups for 28 years, 5-6 groups at a time. Richard Curtin is a psychologist with 39 years of experience treating couples. He is a reiki master who has developed Psychotherapeutic Reiki. We give our clients specific and practical tools, employing a holistic, mind/body perspective in an atmosphere of acceptance, warmth, and compassion.

11 Bellis Circle  
Cambridge MA  
617-491-5859  
[info@cambridgecenterforchange.com](mailto:info@cambridgecenterforchange.com)  
[www.cambridgecenterforchange.com](http://www.cambridgecenterforchange.com)

