

Joan Miller, Ph. D.

Licensed Clinical Psychologist

Doctor's Building
2520 Windy Hill Road, Suite 106
Marietta, Georgia 30067-8633

Telephone: (770) 952-3308
Fax: (770) 952-3309
Email: joanmiller@mindspring.com

Discover the Heart of Creating & Sustaining a Relationship

by
Joan Miller, Ph.D.

Falling in love is a natural process, blending our emotions with physical and chemical responses. But sustaining a caring relationship requires more than having loving feelings. Essential ingredients include mutual respect, a sense of good will, persistence, and motivation. Additionally couples need to be skillful at communicating, problems solving, and conflict resolution. Unfortunately, these attitudes and skills do not come naturally to many people.

I can help you understand how your relationship developed as well as how you can improve it. Or, if you are leaving a relationship, I can help you learn what contributed to the collapse of the relationship and how to avoid reproducing it in the next relationship. In either case, you'll learn about your personality, including what strengths and weaknesses you bring to a relationship.

During my 25 years of experience, I've worked

with scores of couples in strengthening their relationship. I've also helped many individuals recover from the emotional trauma of breaking up and supported them in moving on to create successful relationships.

I've written several articles, and presented numerous workshops on relationships including: Falling (and Staying) in Love and Breaking Up Without Breaking Down.

Relationships that last a lifetime

Why do some relationships endure over time while others quickly fade? I've found that the important ingredients include affection, humor, honesty, mutual respect and interest, emotional safety, good will, and effective communication.

Whether you're looking for a future relationship or you're involved in a relationship that isn't working, I'll

help you develop the foundation upon which you can build a lasting satisfying relationship and avoid heartbreak and disappointment.

In this process I'll help you to:

Understand the variables of the selection process

Examine your realistic and unrealistic expectations

Recognize the inevitability of the power struggle

Develop effective communication skills

Learn to simultaneously respect yourself and your partner or future partner

Effectively resolve conflicts as they arise

Avoid criticism, contempt, defensiveness, belligerence and/or withdrawal

Experience joy and passion within the relationship

Deepen intimacy and enjoy sexuality

Developing Compassionate Love

Enduring and compassionate love begins with discovering who you are, accepting yourself with your strengths and blemishes, and experiencing a deep love and appreciation for yourself. When you and your partner extend your love to the other, you'll both experience the happiness of loving and being loved simultaneously.

As you enjoy this sweetness, it's important to begin the difficult process of recognizing and adjusting to each other's flaws. It's during this time that relationships often break up. Most people unconsciously believe, "If you love me, you'll accept me as I am, and you'll change to be exactly who I want you to be." However, compassionate lov-

ers believe, "If I love you, I'm committed to respecting both you and me, as we strive to build a satisfying life together." Through counseling, you can learn how to create such a loving and lasting relationship.

To learn more general information about psychotherapy, visit Frequently Asked Questions. You can learn more about me on my Biography page and more about my practice at Practice Information. I can explain more about this

process in a free, confidential, twenty minute phone consultation. If you're coming in for therapy, you'll both be asked to fill out a biographical information form as well as a couple's questionnaire. I can also send you some additional materials.

The first step is yours. To learn more about how I can help you, simply call today for your complimentary consultation or e-mail me at joanmiller@mindspring.com.