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## Couples Counselling

Posted by Polly - 2008/08/16 13:32

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Hia. Has anybody out there got any experience of couples counselling? My mate Anna has decided to try some sessions to help patch up her relationship but shes really nervous about it as her boyfriend thinks its all too touchy feely. I just wanted to get some real time advice so that I can be a bit more supportive when she talks to me about it. Any good / bad experieces of it out there would be really welcome.

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