

Who:

Robert Solley, Ph.D.

Where:

1701 Church St @ 29th

Phone:

415 550-8725

Email:

rfsol@yahoo.com

Web:

[www.solutions4couples.com](http://www.solutions4couples.com)



*If you are wondering about couples therapy, a stitch in time really does save nine. It is far less costly in time, money, and effort to turn things around when negative patterns are just starting, so please call now for an evaluation.*

## Just a Few of the Things You May Learn In Couples Therapy

- How a new baby changes the way you interact, and how to restore and maintain your connection
- Keys to a healthy, happy relationship
- The top four ways of responding to your partner that predict divorce...and how to reverse them
- How the language of emotions is different from the language of logic
- The importance of fathers, and how critical it is for dad to be involved in the family
- How curiosity can work in your favor

# For New Parents!



## Preserving Intimacy After Your Baby

A new baby--while joyful--is also one of the most stressful times in a couple's relationship

Two out of three couples become very unhappy in the three years after a new baby

Postpartum depression is common for both the mother and the father

But there is hope! You *can* learn how to have a better relationship!

Visit [solutions4couples.com](http://solutions4couples.com)

## A New Family

**The arrival** of a new baby is a wondrous event in most people's lives. However, while everyone understands that it is stressful, most couples are not ready for all the changes that the new family member brings. A great deal of mom's attention shifts to the baby (as it should!), and dads are often unprepared for their new roles in many ways.

**Pre-existing conflicts** in your relationship may come under new pressures, with sleep-deprivation upping the ante by making you both more emotionally reactive and less able to think clearly. What's worse, parental conflict can have negative effects on your baby's emotional and intellectual development.

**Fortunately**, there are proven steps that can make your relationship better than ever. By learning about some of the common patterns of new parenthood, and by learning to address the challenges that your relationship may have had even before the baby, you and your partner can regain the intimacy and love that will provide the most solid foundation possible for your family.

## FAQ's

What can we expect from therapy?

I see couples therapy as being somewhat like an adult education class. It is a place where you can learn skills that distinguish successful couples from struggling couples, learn about your own patterns and how to overcome them, and learn how to strive for the kind of relationship you would like. Perhaps the most important role for each of you is to be open to reflecting and learning about yourselves and to trying new things.

Will we get homework?

The time that we spend in sessions is a tiny fraction of your lives. While people are busier and busier these days (and especially with a new baby!), practicing new skills and being more mindful outside the sessions can dramatically accelerate your progress. And what could be more important than the well-being and integrity of you and your family?

What is your style?

Clients describe me as fair, empathic, steady, collaborative, grounded, and a very focused listener. If you as a couple are engaging in destructive or unproductive patterns, I can be firm and directive to help you build more effective skills. If you are working well with principles and skills that you are learning, or if you need more room to reflect or feel, I will pull back and give you more space to do those things.

## Dr. Robert Solley

Dr Solley is a licensed clinical psychologist specializing in couples therapy and neuropsychology.

Earning his PhD from the California School of Professional Psychology in Berkeley, Dr. Solley has been licensed for over 15 years. He has taught at CSPP and the Wright Institute, has supervised masters and doctoral interns, and is a Staff Therapist at the Couples Institute in Menlo Park.

Dr. Solley's interest in couples stems from a long-standing interest in family systems and couples research and was further fueled by working for years as a neuropsychologist with families of children with learning differences. Currently he maintains an active private practice in Noe Valley, San Francisco.

