

The Difference: Why Couples & Relationship Therapy Requires Specialization

Many people assume that a great individual therapist automatically makes a great relationship therapist. However, working with relationships requires a **completely different clinical framework, specialized training, and a unique set of skills.**

Third Party Financing May Be Available

Advanced Training for Real Results

General therapy degrees only touch on relationship work briefly. To **protect** relationships from further harm, true specialists pursue rigorous post-graduate certifications.

Why General Therapy Tools Can

Backfire: Individual therapy focuses on the self, which can accidentally drive partners apart if applied incorrectly to a joint space. Relationship specialists are explicitly trained to de-escalate high-conflict situations in the room and safely navigate complex dynamics like infidelity, sex therapy, or opening up a relationship.

Contact Us Today!

Bring Your Full, Authentic Self

The Client is the "Relationship," Not the Individual

In individual therapy, the therapist's job is to sit on your side of the court, validate your perspective, and help you grow. In relationship counselling, the relationship itself is the client.

Fostering Deeper Connections and Understanding

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Relationship & Intimacy Counselling



Every Relationship Deserves Space to Grow



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At Level Up Wellness Group, we understand that relationships are as beautifully varied as the individuals within them. Whether your relationship structure is traditional, unconventional, or somewhere entirely unique, our specialized therapists are here to help you navigate your journey with zero judgment and total support.

We approach relationship counselling with a holistic, empathetic lens, focusing entirely on the unique dynamics of your specific partnership.

Our Promise: We believe all relationship configurations deserve respect, understanding, and a safe, inclusive space to explore needs, challenges, and aspirations.



How We Support You

Relationships do not exist in a vacuum. Our approach focuses on building actionable skills while fostering profound, lasting connections.

1. Constructive Communication:

We help you move past defensiveness, teaching you how to express deep needs and desires clearly, practice active listening, and respond with genuine empathy.

2. Understanding & Managing Conflict:

Together, we identify your personal triggers, explore individual conflict styles, and develop healthy ways to cool down and de-escalate.

3. Negotiating Lasting Resolutions:

Our goal is to equip you with the compromise and negotiation skills needed to find peace. We help you address differences constructively to build a stronger, more satisfying path forward.

4. Reconnecting & Rediscovering Instants of Intimacy:

We help partners move past daily stressors to rekindle the emotional spark, build empathy, and rediscover the core qualities that first brought you together.

5. Reflecting on External & Past Influences:

Our past experiences, family backgrounds, and cultural values quietly dictate how we behave in relationships today. We help you reflect safely on individual histories to break old, frustrating patterns and foster mutual respect.

Specialized Inclusivity & Diverse Dynamics

Embracing Relationship Diversity

We proudly and actively support relationships that fall outside traditional norms.

- **Support for Polyamorous Relationships:** Balancing multiple romantic relationships requires a high level of open communication, logistics, and care.
- **Guidance for Open Relationships:** Whether establishing clear boundaries or strengthening foundational trust, we provide the tools to ensure all partners feel secure, respected, and highly valued.
- **Consensual / Ethical Non-Monogamy (CNM/ENM):** Comprehensive support for any relationship style operating outside of standard monogamy with full, explicit consent.

Specialized Therapeutic Care

To ensure every facet of your relationship health is supported, our team includes professionals who specialize in:

- **Sex Therapy:** Helping you navigate physical intimacy, address sexual concerns, break down barriers, and enhance mutual fulfillment.
- **Kink-Affirming Therapy:** Providing knowledgeable, deeply respectful care that completely affirms and validates without pathologizing your desires.