



Strengthen Your Relationship with Expert Couples Therapy at Prodigy Psychiatric Group

Every relationship has its ups and downs, but with the right guidance and support, couples can learn to reconnect, rebuild trust, and grow together. At Prodigy Psychiatric Group, we offer a wide range of [Couples Therapy](#) services tailored to meet the unique needs of each partnership.

Whether you're facing communication challenges, trust issues, or simply want to deepen your emotional connection, our licensed therapists are here to help.

What We Offer in Couples Therapy:

1 . Emotionally Focused Therapy (EFT)

EFT helps partners explore deep emotional patterns and attachment needs. This structured approach fosters empathy, trust, and emotional intimacy, making it ideal for couples looking to reconnect on a deeper level.

2. Gottman Method Couples Therapy

Developed by relationship experts Drs. John and Julie Gottman, this evidence-based method teaches couples how to build healthier communication habits, manage conflict, and nurture friendship and respect through structured exercises.

3. Premarital Counseling

Thinking about tying the knot? Our premarital counseling helps couples prepare for marriage by addressing shared values, expectations, and potential areas of conflict—setting a strong foundation for a happy, lasting union.

4. Conflict Resolution & Communication Skills

Learn how to truly listen and communicate without escalating tension. Our therapists provide practical tools to help couples resolve disagreements constructively and meet each other's emotional needs with care and understanding.

5. Therapy for Infidelity and Trust Issues

Rebuilding trust after infidelity is challenging but possible. Our therapists guide couples through open, honest conversations to uncover the root causes, promote healing, and determine the best path forward—together.

6. Support for Co-Parenting Challenges

Parenting as a team can be tough, especially after separation or divorce. We help couples improve their co-parenting strategies through consistency, collaboration, and healthy communication—for the well-being of the children.

Why Choose Prodigy Psychiatric Group?

Our Couples Therapy services are led by experienced, licensed professionals who understand the complexity of human relationships. We believe that strong, supportive partnerships contribute greatly to individual and family mental wellness.

If you're ready to grow stronger together, let us guide you toward a healthier, more connected relationship.

Contact us today to learn more or schedule a consultation.

Locate us: <https://g.co/kgs/PYK5e2v>

Hours: Monday–Friday, 8:00 AM – 7:00 PM

Phone: (510) 875-7721

Website: <https://prodigyclinic.com/>