

Couples Therapy

When the focus of concern is a relationship issue or decision and both partners are motivated to address this, couples therapy may be an efficient way to proceed. CAPS can provide brief or time limited couples therapy for issues that might reasonably be resolved in a short period of time. Referrals to community and campus resources for couples therapy can also be made by the CAPS providers.

Couples counseling may be requested when both persons are [eligible for care at CAPS](#)

[1].



Source URL: <https://caps.unc.edu/services/couples-therapy>

Links

[1] <https://caps.unc.edu/about-us/policies/who-can-use-counseling-and-psychological-services>