

# Center for Family and Couple Therapy

*A service of the Marriage and Family Therapy Program*

Human Development and Family Studies  
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**Director**

Shelley Haddock, PhD.

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**Services Include:**

- Marital or couple therapy
- Family Therapy
- Premarital and couple enrichment
- Individual therapy
- Therapy for adolescents and children

**Counseling is available for issues including:**

- Marital and family communication
- Parenting
- Family violence and abuse
- Divorce
- Remarriage and building step-families
- School difficulties
- Stress management
- Family of origin issues
- Grief and loss
- Sexual difficulties

The Center for Family and Couple Therapy (CFCT) offers assistance to families, couples, and individuals. Therapy services are provided by graduate students in the Marriage and Family Therapy Program (MFT) who are under the supervision of MFT faculty members. Our clients benefit from the focused attention and combined experiences of their therapist and their therapist's clinical supervisor.

We are dedicated to empowering families, couples, and individuals to strengthen their relationships, resolve troubling issues, and achieve personal well-being. We are committed to creating a safe environment that honors diverse backgrounds, family forms, and experiences. We do not discriminate or refuse services to anyone on

the basis of age, culture, ethnicity, gender, gender identity, physical disability, race, religion, or sexual orientation.

Our Pre-Marital and Couple Enrichment programs follow a loosely structured outline based on recent research on successful relationships. The Pre-Marital program helps committed and engaged couples identify and discuss important topics that influence relationship

quality. The Couple Enrichment program is for couples who do not need therapy, but want help in strengthening aspects of their relationship.



• **Treatment Information**

- Reasonable sliding fee scale offered.
- Day and evening appointments provided.
- To arrange for an appointment or to obtain more information, please call 970-491-5991. All inquiries will be treated confidentially.