

## Four-Person Couples Therapy THERAPISTS



**Ingrid Pruitt** is a licensed Marriage and Family Therapist (LMFT) and certified Relationship Specialist (CRS) with more than 18 years experience working with individuals, couples, and families. She specializes in areas of transition and life crisis by using a Solution-Focused approach to assist her clients in developing a positive strategy for significant change in their lives and relationships. She has a private practice, Solutions Counseling, located in the Mooresville/Lake Norman, NC area for over 14 years.



**Jim Anderson** has more than fourteen years of professional experience in counseling. He is a Licensed Professional Counselor (LPC), Licensed Clinical Addictions Specialist (LCAS), and Certified Sexual Addictions Therapist (CSAT). Along with Four-Person Couples Therapy, Jim specializes in individual men's counseling, healthy sexuality and spiritual development through his private practice, Conscious Sense.

Ingrid and Jim have enjoyed significant success and personal satisfaction working as a co-therapy team with couples in the Lake Norman area. Their goal is to help create lasting change in your relationship.



**FOUR-PERSON**  
couples therapy

Four-Person Couples Therapy promotes lasting change in your relationship.

For more information, please call  
704-892-1337 (Ingrid) or 704-677-6114 (Jim)  
[www.mftsolutionscounseling.com](http://www.mftsolutionscounseling.com)

Feeling **FRUSTRATED**, unable to make **POSITIVE** changes in your relationship?



**FOUR-PERSON**  
couples therapy

Balance gender-related issues and receive an expanded perspective of your relationship by working with a male and female therapy team

## ARE YOU A COUPLE WHO...

*Is dealing with issues relating to communication, trust, fidelity, boredom or questioning your love for one another?*  
*Is caught up in careers or parenting and have forgotten about your relationship?*  
*Has been leading parallel lives so long you are feeling uncertain about staying together?*  
*Has been living for years in a miserable, stagnant relationship?*  
*Is feeling stuck, frustrated and unable to make positive changes in your relationship?*  
*Has been unsuccessful with traditional marriage or couples therapy?*

## ...DON'T GIVE UP, THERE IS AN ANSWER

Most couples make the same mistakes over and over. When these mistakes are corrected, the relationship transforms and thrives. **Four-Person Couples Therapy**, unlike many other therapy models that focus on the past, has strategies designed for immediate impact now.

**Four-Person Couples Therapy** consists of two therapists and two clients, offering a balance in gender for consistently superior relationship solutions.

Couples often find it more constructive to work with a male and female therapy team during marital problems. This method provides the clients a safe, dynamic place to make transitions and changes, grow individually and as a couple, and expand

their perspectives of their relationship. Research has suggested that the male-female co-therapy team approach is the best therapeutic combination for couple's therapy.

Sessions typically alternate between the Four-Person session (90 minutes) one week, followed by an individual sessions (60 minutes) the following week.

Therapists Jim Anderson and Ingrid Pruitt have an innovative, positive, intensive approach to working with couples who are not ready to give up on themselves! Many are facing difficult, often long-standing and pervasive issues, which traditional marriage counseling doesn't seem to resolve.

As a co-therapy team, Jim and Ingrid share a method of treatment, experience and insights which are used to provide clients with a safe therapeutic climate to explore the couple's relationship.

## ADVANTAGES of Four-Person Couples Therapy

- 1 Enhances structure of equality because male and female therapists work individually and jointly with the couple.
- 2 Generates more possibilities for resolution to the couple's issues -- two collaborative therapists are better than one.
- 3 Prevents gender-based triangulating, or the feeling of two-against-one, by having both genders equally represented in sessions.
- 4 Provides a functioning couple, the therapeutic team, modeling healthy relationship skills to the clients.
- 5 Generates more dynamic energy than traditional three-person format by having four individuals actively participating in sessions.
- 6 Allows therapists to be both clinical observer and manager throughout the session to enhance continuity, focus and momentum.
- 7 Provides two therapists to manage a crisis, should it arise. A second therapist is invaluable to diffusing a crisis.
- 8 Gives each client an individual therapist, not a "shared one," providing advocates for all participants.
- 9 Ensures maximum benefits, individually and together, by using alternating, overlapping individual and four-person meetings.

