



Psychologists, Marriage or Couples  
Counseling Specialists:  
Chuck Gray, Ph.D. & Associates  
*Serving the Houston Area since 1987*

## **Marriage & Couples Counseling**

In our marriage or couples counseling, we create a warm, safe environment for intimate, authentic self-disclosure. We guide spouses or partners to nurturingly and supportively listen to and compassionately understand each other's deep thoughts and feelings.

We help you to identify specific goals for your marriage.

Our marriage counseling approach is positive, and we may meet with you both individually and jointly. We show you how you may build on your strengths as you enjoy deepening your emotional bond and stabilizing and strengthening your relationship.

A wide variety of state of the art psychological techniques may be used to help you assess in a friendly way the origins of your situation. Based on that marital assessment, we can then develop together a plan with specific steps to fulfill your marital goals.

We together clarify your learned interaction patterns and counsel you how to bring out the best in each other by bringing out the best in yourselves in ways that will strengthen your specific marriage.

Numerous constructive psychological techniques may be used to help you increasingly make your marriage more wonderful for each other.

Communicate enjoyably, intimately, supportively, and constructively. Open your hearts to delight in romance. Love to be with each other.

We gently guide you to help each other fulfill your personal and relationship goals.

*-Chuck Gray, Ph.D.*

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Houston, Texas Psychologists, Marriage & Couples Counseling Specialists:

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