



Marriage and Couples Counseling that solves your relationship problems

You chose your partner out of love. But now you wonder: Why do things not run smoothly any longer? Why do we argue more and more? Why doesn't my partner listen to me? And why don't we understand each other any longer?

Small steps - taken together - can already make fundamental changes. In order to create a harmonious, lively relationship and to renew the mutual understanding it is important to find out more about unfulfilled wishes and expectation differences that block the relationship. It is also important to find out what makes both partners listen to each other and communicate again for a fresh start.

PaarWege helps couples to find their way back to love.

"Words can be secondary....far more important is the space of conscious presence that arises as you listen." Eckhart Tolle, philosopher and author



What do we offer?

Marriage/Couples Counseling

For lasting improvements to your relationship

Partner Coaching

For one partner in the relationship

Break-up Coaching

For all who live through a break up
or want to live happily without a partner

Singles Coaching

For all who are looking for a partner

Systemic Family Constellations



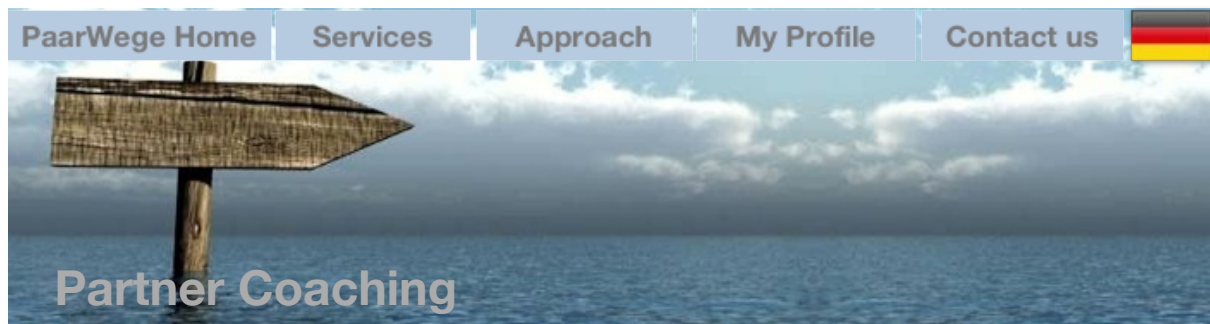
For those interested in a lasting improvement of their relationship.

Relationships do not always feel the same but go through ups and downs. Once there are more downs than ups it is time for a change. Then it is important to find the highest possible degree of contentedness for both partners in their relationship.

Goals for couples counseling:

<i>New momentum</i>	<i>Resolution of crises</i>	<i>Harmonisation</i>
<ul style="list-style-type: none">• more closeness• ideas to revive the relationship• more contentness• truthful communication• focus on common goals and dreams• new perspectives• mutual support to realize individual and common plans	<ul style="list-style-type: none">• constructive conflict resolution• bridging of different stand points• overcoming unfaithfulness• integration of major changes e.g. giving birth or the moving out of children• clean-cut decisions• mutual stress relief• graceful separation if there is no other way out	<ul style="list-style-type: none">• relief from mutual accusations• avoid feeling hurt• respectful and open communication• mindful interaction with one another• balance, such as the common goals matching the personal goals• mutual support in change

Reconciliation is a journey. “
(Marina Cantacuzino)



For one partner of the relationship

Partner coaching offers the opportunity to first clarify for ourselves where we stand in the relationship and how to change our position within it. Do we see the need for a new momentum for ourselves and thus also for the relationship?

Maybe the partner is not ready yet for a joint relationship counseling so we go ahead by taking this first step on our own. Even within a couple counseling, it may make sense to work one-on-one on a specific topic or to develop new personal skills.

Possible goals for partner coachings:

<i>Find relief</i>	<i>Discover new directions</i>	<i>Strengthen your own position</i>
<ul style="list-style-type: none"> • facilitation of change processes • gain clarity about whether and how a relationship can be continued • coping strategies in case of infidelity • overcoming speechlessness and reticence in the relationship 	<ul style="list-style-type: none"> • rediscover love and joy of life • overcome unwanted behavioural patterns • leave behind partnership routines and boredom • develop new skills such as how to say „no“ 	<ul style="list-style-type: none"> • find more contentedness • define your needs clearly and implement them • develop new self confidence • meet demands more relaxed

back...

To be loved makes us strong. To love, makes us brave.
(Lao Tzu)



This offer is for those who live through the end of a relationship or who want to live happily without a relationship.

Possible goals for break-up coachings:

Support during break up phases

- find comfort
- develop coping strategies for negative feelings such as hatred, grief, hostility
- letting go of a partner
- stabilize your self-esteem

Finding ways into your new life

- discover your personal goals and dreams
- revive your joy of life
- implement long-cherished desires
- to feel at ease in your own skin
- be happy without a partner



For all those who are looking for a partner.

Did you know that you are always communicating, even if you say nothing at all? Recent research indicates that 55% of our impression on others is generated by our body language which is already expressing our inner attitude.

Whether we convey a warm or cool radiance often decides about the attraction to potential partners. Ideally, we radiate what we really feel. This makes us authentic and attractive, and is one of the best recipes to create lasting partnerships during which we can just be ourselves.

In singles coaching, you can find out (among other things):

Personality development

- what impression do I make on others
- how does the interplay between radiance and attraction work for me
- how can I escape from a repeating pattern of unsatisfactory relationships

As for searches and relationships

- How can I be authentic in the acquaintance phases and in relationships
- which patterns are taking place during the acquaintance phase
- what kind of partner is right for me
- how can I make dating a fun experience

*“ Our purpose in life is to be happy“
(Dalai Lama)*



The family structures we grew up in are deeply rooted in us. They are often the reason for behaviors and inner conflicts that influence our life even in the family we start ourselves, in personal relationships and at work.

In a family constellation we visualize those interconnections that we carry with us enabling us to find new solutions.

In my practice we do not use others to stand in the constellation as representatives but proceed in the neuro-linguistic way. That means the client - under facilitation - sets up the constellation and moves into the different positions himself/herself.

This method has several advantages. First of all the client gains a much clearer picture about the meaning of the positions. And also there is no waiting time while others set up their constellations while you as the client do not become part in their constellations. You can set up yours in a private atmosphere without audience in an individual appointment (No group setting).

A constellation can help to:

- Clear up unconscious issues
- Relive traumas
- Find new solutions
- Overcome personal crises
- Solve problems with partner, children and parents
- Reach decisions
- Solve conflicts
- Overcome states of exhaustion and helplessness
- Sort out separations
- Overcome grief
- Reduce anger and anxiety
- Decrease self-doubts



In a first step we define the goal which is to be jointly achieved in the consultation. How would a successful outcome look like? Fair solutions that those involved can identify with are of particular importance.

In the second step we determine possible ways to best reach these goals. These actions will be as individual as the relevant actors, such as their desires, hopes and intentions. In this context, the personal strengths are more important than the weaknesses. The focus is to think about problems so that they can be transformed into solutions.

To resolve a dispute without anyone winning means resolving it well.

“Only a controversy without winners is a won controversy.”
(proverb)

Consulting Fundamentals

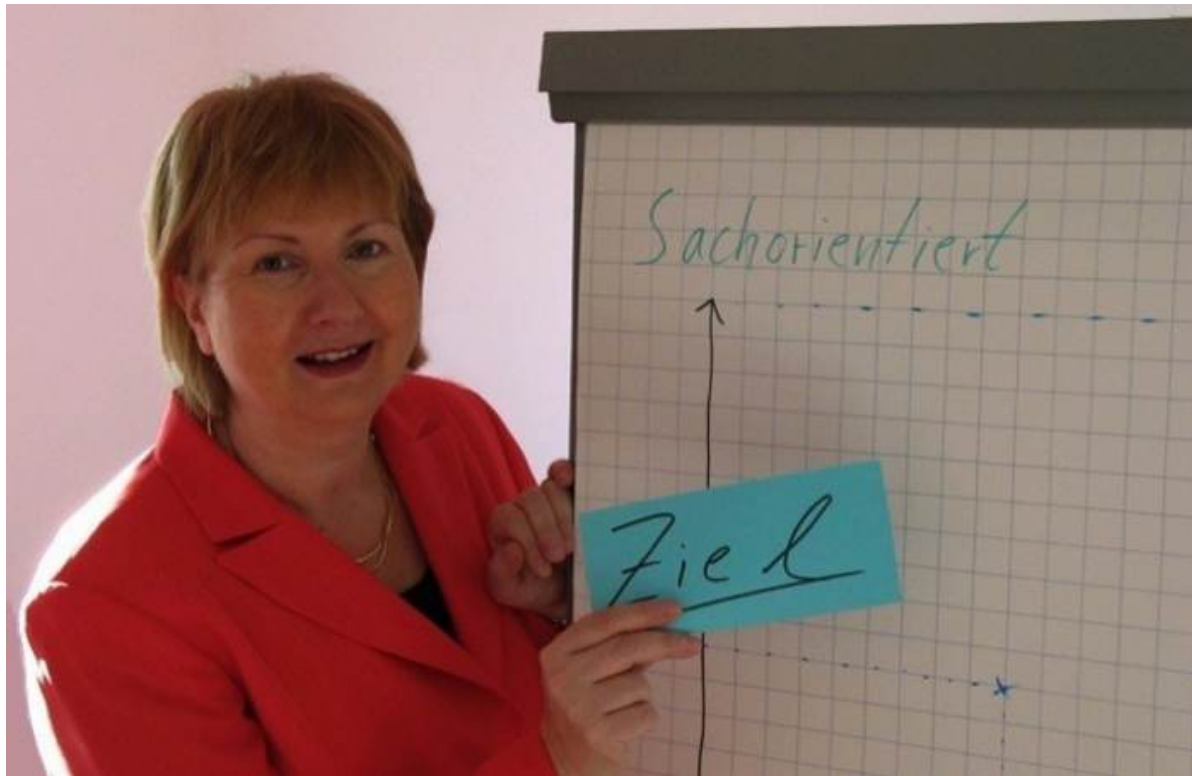
Consulting fundamentals are, in addition to recent couples counseling methods also insights of applied positive psychology, satisfaction research and neuro-linguistic methods.

Family constellation work can also be offered.

You can rely on our absolute confidentiality and discretion.

Appointments

Counseling appointments will be made on an individual basis. The cadence varies from weekly to semi-annually. Appointments are also available on evenings and weekends.

**Contact me:****PaarWege Köln**

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Profile of Dagmar Toschka

- Couple counselor / relationship coach
- Psychotherapist (Heilpraktische Psychotherapeutin, HPG)
- Pedagogue
- Family constellation facilitator
- Relaxation Coach
- NLP Master Coach (NLP University, USA)
- Educational trainer
- Certified Palo Alto Coach (Palo Alto Institute for Systemic and Brain-Based Coaching, USA)
- Chamber of Commerce Licensed Trainer



PaarWege Köln

Relationship Counseling

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