

# couples therapy orna guralnik

**\*\*Couples Therapy Orna Guralnik: A Compassionate Approach to Healing Relationships\*\***

**couples therapy orna guralnik** represents a deeply empathetic and insightful approach to relationship counseling, rooted in decades of clinical experience and a profound understanding of human connection. Orna Guralnik, a renowned clinical psychologist and psychoanalyst, has made significant contributions to the field of couples therapy by integrating psychoanalytic wisdom with practical strategies to help partners reconnect, communicate better, and navigate emotional challenges.

If you've ever wondered how couples therapy can truly transform a partnership or what sets Orna Guralnik's approach apart, this article offers an in-depth look. We'll explore the philosophy behind her work, key techniques used in therapy, and why her insights remain influential in helping couples build stronger bonds.

## Who Is Orna Guralnik?

Orna Guralnik is a clinical psychologist with a rich background in psychoanalysis and psychotherapy. She has been practicing for many years and is known for her compassionate, nuanced understanding of human emotions and relationships. Her expertise is not limited to couples therapy alone; she also works extensively with individuals, but her work with couples has garnered particular attention.

Guralnik's approach is informed by a deep belief that every relationship has the potential to grow and heal, even when faced with seemingly insurmountable difficulties. She emphasizes the importance of emotional honesty, vulnerability, and the willingness to explore unconscious patterns that often sabotage intimacy.

## Understanding Couples Therapy Orna Guralnik Style

Couples therapy under Orna Guralnik's guidance is far from a quick fix. It's a process of uncovering hidden emotional layers, understanding each partner's inner world, and fostering authentic communication. Unlike some approaches that focus primarily on problem-solving or behavior modification, Guralnik's method dives into the emotional undercurrents and subconscious dynamics that shape how partners relate to one another.

## Emphasizing Emotional Awareness

One of the cornerstones of Guralnik's couples therapy is helping partners become more aware of their own feelings and those of their significant other. This emotional awareness is crucial because many conflicts arise from misunderstandings or unacknowledged emotional

needs.

Through sessions, couples learn to identify their feelings without judgment and express them in ways that invite empathy rather than defensiveness. For example, instead of accusing a partner of neglect, Guralnik encourages individuals to share the pain of feeling unseen or unimportant, which tends to open the door for connection.

## **Exploring Unconscious Patterns**

Guralnik's psychoanalytic background means she pays close attention to unconscious processes, such as recurring negative patterns or projections that partners may bring into the relationship from past experiences. These patterns often perpetuate cycles of conflict and hurt.

In therapy, couples are guided to recognize these patterns and understand their origins. This insight can be liberating, as it shifts blame away from the partner and toward the dynamics that have unconsciously taken hold. It also creates space for new ways of relating that are more constructive and loving.

## **Key Techniques in Couples Therapy Orna Guralnik Approach**

While every therapeutic journey is unique, several techniques are commonly found in Orna Guralnik's couples therapy sessions:

### **Reflective Listening and Validation**

Couples are encouraged to practice reflective listening, where one partner repeats back what they heard the other say, ensuring clarity and demonstrating genuine attention. This simple yet powerful technique helps reduce misunderstandings and fosters mutual respect.

Validation goes hand in hand with this—acknowledging the other's feelings as real and important, even when there is disagreement. Validation creates safety, which is essential for honest dialogue.

### **Encouraging Vulnerability**

Vulnerability is often seen as a risk, but Guralnik emphasizes its role as a strength in relationships. By gently pushing couples to share their fears, hopes, and insecurities, therapy sessions become a space where trust can flourish.

This openness allows partners to see each other more fully and respond with compassion

rather than criticism.

## Identifying Attachment Styles

Attachment theory plays a significant role in many modern couples therapies, and Guralnik integrates this understanding into her work. Recognizing whether partners have anxious, avoidant, or secure attachment styles can explain much about their interactions and emotional responses.

With this knowledge, couples can learn to support each other's needs more effectively and break free from unhelpful relational scripts.

## Why Choose Couples Therapy Orna Guralnik?

For couples seeking therapy, the choice of therapist and approach can feel overwhelming. Orna Guralnik's name often comes up because of her empathetic style and the depth of her methods. Here are some reasons why her approach resonates with many:

- **Holistic Understanding:** She sees couples as complex emotional systems rather than just a sum of problems.
- **Focus on Emotional Depth:** Rather than surface-level fixes, she addresses the root emotional causes of conflicts.
- **Respect for Individuality:** Each partner's unique history and personality are honored, avoiding a one-size-fits-all approach.
- **Practical and Transformative:** While rooted in theory, her techniques lead to real, lasting change.

## Tips for Making the Most of Couples Therapy Inspired by Orna Guralnik

Even if you do not work directly with Orna Guralnik, you can apply some of the principles she champions to improve your relationship and therapy experience:

1. **Commit to Emotional Honesty:** Be willing to share your true feelings, even if they are uncomfortable.
2. **Practice Active Listening:** Give your partner your full attention without planning

your response while they speak.

3. **Be Patient with the Process:** Healing takes time, and uncovering deep emotional truths isn't always easy.
4. **Explore Your Own Patterns:** Reflect on how your past experiences might influence your reactions in the relationship.
5. **Seek a Safe Therapeutic Environment:** Choose a therapist who fosters empathy, respect, and non-judgment.

## The Role of Psychoanalysis in Modern Couples Therapy

Orna Guralnik's background in psychoanalysis sets her apart from many therapists who focus solely on cognitive-behavioral techniques. Psychoanalysis delves into unconscious motivations, early life experiences, and deep-seated emotional conflicts.

In couples therapy, this means that issues are not just addressed at the surface level but explored as part of a larger emotional landscape. This approach often reveals hidden vulnerabilities and unmet needs that partners were not aware of, paving the way for profound healing.

## How Psychoanalytic Concepts Enhance Relationship Growth

- **Transference and Countertransference:** Recognizing how partners may project feelings from past relationships onto each other helps prevent misunderstandings.
- **Defense Mechanisms:** Understanding how people protect themselves emotionally can explain resistance in therapy or conflict.
- **Emotional Insight:** Gaining awareness about one's inner world fosters empathy toward the partner's struggles.

## Orna Guralnik's Influence Beyond the Therapy Room

Beyond her clinical work, Orna Guralnik has contributed to public knowledge about relationships through lectures, workshops, and writings. Her ability to communicate complex psychological ideas in relatable terms has helped many couples and therapists alike.

Her work encourages a culture where emotional vulnerability is seen not as weakness but as a pathway to deeper connection—a message that resonates in today's fast-paced, often disconnected world.

---

Couples therapy Orna Guralnik style offers a transformative journey for partners willing to explore emotional depths and unconscious patterns. It's a compassionate, insightful way to understand not only each other but also oneself. Whether you are facing challenges or simply want to strengthen your bond, embracing emotional honesty and empathy as Guralnik teaches can open new doors in your relationship.

## **Frequently Asked Questions**

### **Who is Orna Guralnik in the field of couples therapy?**

Orna Guralnik is a renowned clinical psychologist and therapist known for her work in couples therapy, often focusing on emotional intimacy and communication.

### **What therapeutic approaches does Orna Guralnik use in couples therapy?**

Orna Guralnik integrates psychodynamic therapy with contemporary relational techniques to help couples understand unconscious patterns and improve their relationships.

### **How can couples benefit from therapy with Orna Guralnik?**

Couples therapy with Orna Guralnik can help partners develop deeper emotional connection, resolve conflicts, and foster healthier communication by addressing underlying emotional issues.

### **Does Orna Guralnik offer online couples therapy sessions?**

Yes, Orna Guralnik offers both in-person and online therapy sessions, making her approach accessible to couples regardless of their location.

### **What common issues does Orna Guralnik address in couples therapy?**

Orna Guralnik addresses issues such as communication breakdown, emotional disconnection, infidelity, trust issues, and unresolved past traumas affecting the relationship.

## **Are Orna Guralnik's couples therapy techniques evidence-based?**

Yes, Orna Guralnik's methods are grounded in evidence-based psychotherapeutic principles and have been supported by her clinical experience and research in relational psychology.

## **How long does couples therapy with Orna Guralnik typically last?**

The duration of couples therapy with Orna Guralnik varies depending on the complexity of the issues but typically ranges from a few months to over a year for deeper relational work.

## **What makes Orna Guralnik's approach to couples therapy unique?**

Orna Guralnik's approach is unique because she combines deep psychoanalytic insight with practical relational strategies, emphasizing emotional awareness and authentic connection between partners.

## **Can Orna Guralnik's couples therapy help with same-sex relationships?**

Yes, Orna Guralnik is experienced in working with diverse couples, including same-sex couples, addressing their unique relational dynamics and challenges.

## **Additional Resources**

Couples Therapy Orna Guralnik: A Deep Dive into Therapeutic Practices and Impact

**couples therapy orna guralnik** represents a significant presence in the field of relational psychotherapy, particularly within the context of psychoanalytic approaches to intimate partnerships. Orna Guralnik, a prominent psychologist and psychotherapist, has contributed extensively to understanding the complexities of couples therapy, blending traditional psychoanalytic theory with contemporary relational dynamics. This article explores the nuances of couples therapy under the lens of Orna Guralnik's methodologies, examining her approach, therapeutic features, and the broader implications for couples seeking psychological support.

## **Understanding Orna Guralnik's Approach to Couples Therapy**

Orna Guralnik's work in couples therapy is deeply embedded in psychoanalytic principles, emphasizing the unconscious processes that influence relational patterns. Unlike more directive or behavior-focused models, Guralnik's approach often involves creating a

reflective space where partners can explore underlying emotional currents, past experiences, and unspoken assumptions that shape their interactions. This therapeutic stance encourages introspection and mutual understanding rather than quick fixes or surface-level communication techniques.

## **The Psychoanalytic Foundation**

At the core of Guralnik's couples therapy is psychoanalysis, a paradigm focusing on uncovering hidden emotions and unresolved conflicts that manifest in relationship dynamics. Couples therapy Orna Guralnik-style often involves interpreting patterns of attachment, defense mechanisms, and transference phenomena between partners. This allows couples to identify repetitive cycles that may contribute to conflict or emotional distancing.

While psychoanalytic therapy is sometimes criticized for its slower pace compared to solution-focused models, it offers a profound depth of insight that can foster lasting change. Guralnik's expertise in this area enables her to guide couples through complex emotional terrain, facilitating deeper empathy and connection.

## **Relational Dynamics and Emotional Complexity**

One of the hallmarks of couples therapy by Orna Guralnik is the attention given to the emotional complexity inherent in intimate relationships. She underscores the importance of recognizing emotional ambivalence, unconscious desires, and the paradoxes that partners hold simultaneously. This nuanced perspective helps couples move beyond blame and defensiveness, encouraging vulnerability and authentic dialogue.

In practice, this means therapy sessions may explore not only current conflicts but also the emotional histories that inform each partner's relational style. Guralnik's process-oriented therapy helps couples navigate these layers, promoting a richer, more compassionate understanding of one another.

## **Features and Techniques in Couples Therapy Orna Guralnik**

Guralnik's therapeutic interventions are characterized by several distinctive features that differentiate her couples therapy from other modalities. While she adapts her approach to the unique needs of each couple, certain techniques and emphases are noteworthy.

### **Emphasis on Reflective Functioning**

A central feature is the cultivation of reflective functioning—the capacity to reflect on one's

own thoughts and feelings as well as those of the partner. Couples therapy Orna Guralnik-style encourages partners to develop this skill, which is linked to improved emotional regulation and empathy. By fostering reflective capacity, therapy helps couples break out of reactive patterns and engage in more thoughtful, compassionate communication.

## **Non-Linear Therapeutic Process**

Guralnik views therapy as a non-linear, evolving process rather than a stepwise progression toward predefined goals. This openness to complexity allows the therapist and couple to explore unexpected emotional material that arises during sessions. Such flexibility can be both a strength and a challenge, requiring patience and commitment from both therapist and clients.

## **Integration of Individual and Relational Insights**

Another distinguishing aspect of Guralnik's couples therapy is the integration of individual psychological work with relational dynamics. She recognizes that individual traumas, personality structures, and unconscious conflicts deeply impact couple functioning. Therefore, therapy not only addresses the dyadic relationship but also attends to each partner's internal landscape.

## **Pros and Cons of Couples Therapy Inspired by Orna Guralnik**

No therapeutic approach is without limitations, and understanding both benefits and drawbacks is essential for couples considering therapy in this style.

- **Pros:**

- Deep emotional insight that facilitates lasting relational change.
- Focus on unconscious processes reveals root causes of conflict.
- Promotes empathy and reflective functioning, improving communication.
- Flexible and tailored to the unique emotional dynamics of each couple.

- **Cons:**

- Therapy can be lengthy and require significant emotional investment.

- Less structured than behaviorally oriented models, which may frustrate some couples.
- Not always suitable for couples seeking quick solutions or crisis intervention.
- Requires skilled therapists trained in psychoanalytic and relational methods.

## **Comparative Context: Orna Guralnik vs. Other Couples Therapy Models**

When compared to more widely known approaches such as Emotionally Focused Therapy (EFT) or the Gottman Method, couples therapy Orna Guralnik-style stands out for its psychoanalytic depth and interpretative methods. EFT, for example, tends to focus more explicitly on attachment needs and often employs structured interventions to shift emotional responses. The Gottman Method emphasizes behavioral change and communication skills with a research-based framework.

In contrast, Guralnik's approach is less about directly modifying behaviors and more about understanding the unconscious motivations behind them. This can result in more profound relational transformations but may not align with all couples' expectations or immediate needs.

## **The Broader Impact and Relevance of Orna Guralnik's Work**

Orna Guralnik's influence extends beyond direct clinical practice. As an educator, author, and public intellectual, she has contributed to destigmatizing psychotherapy, particularly psychoanalytic approaches, in contemporary society. Her work emphasizes the importance of emotional complexity and the value of intimate relationships as sites of psychological growth.

For couples grappling with entrenched patterns, emotional confusion, or relational trauma, couples therapy Orna Guralnik offers a thoughtful, nuanced pathway toward healing. Her integration of psychoanalytic insight with relational sensitivity provides a unique contribution to the field of couples therapy, addressing dimensions often overlooked in more pragmatic models.

The growing interest in depth-oriented psychotherapy signals a broader cultural shift toward valuing emotional authenticity and psychological insight. Within this movement, Orna Guralnik's couples therapy occupies a vital space, bridging traditional psychoanalytic wisdom with modern relational challenges.

Exploring couples therapy through the lens of Orna Guralnik reveals a therapeutic approach committed to depth, reflection, and relational authenticity. Though demanding in its emotional scope, this style of therapy offers couples an opportunity to engage with their relationship at a fundamental level, fostering understanding and connection that can transcend surface conflicts and behavioral symptoms.

## [Couples Therapy Orna Guralnik](#)

**couples therapy orna guralnik: Social Therapeutic Coaching** Carrie Sackett, Murray Dabby, 2023-12-22 Combining social therapeutics with the practice of coaching, this book guides coaches and mental health professionals in how to coach groups and couples using this innovative method. Drawing from the authors' combined 50 years of experience, *Social Therapeutic Coaching: A Practical Guide to Group and Couples Work* empowers practitioners to break away from focusing on individual change to focusing on groups and their emotional growth. Early chapters touch on the history of coaching and powerful discoveries of social therapeutics before diving into how to lead a social therapeutic group. Sackett and Dabby explain how to incorporate the concept of human relationality into coaching sessions, demonstrating how it extends group work beyond assembling like-minded individuals with similar goals into bringing together diverse people with diverse issues that they want to work on and grow around. It also brings a fresh lens to working with couples, in which the focus is on discovering what the relationship needs, rather than trying to get individuals to compromise, change or work towards a preconceived shared vision for an end goal. Written in an accessible style and filled with extensive case studies and examples, *Social Therapeutic Coaching* provides a powerful toolkit for coaches, counselors, psychotherapists, social workers, HR and talent development professionals, community-based leaders and social entrepreneurs.

**couples therapy orna guralnik: The Distance Cure** Hannah Zeavin, 2021-08-17 Psychotherapy across distance and time, from Freud's treatments by mail to crisis hotlines, radio call-ins, chatbots, and Zoom sessions. Therapy has long understood itself as taking place in a room, with two (or more) people engaged in person-to-person conversation. And yet, starting with Freud's treatments by mail, psychotherapy has operated through multiple communication technologies and media. These have included advice columns, radio broadcasts, crisis hotlines, video, personal computers, and mobile phones; the therapists (broadly defined) can be professional or untrained, strangers or chatbots. In *The Distance Cure*, Hannah Zeavin proposes a reconfiguration of the traditional therapeutic dyad of therapist and patient as a triad: therapist, patient, and communication technology. Zeavin tracks the history of teletherapy (understood as a therapeutic interaction over distance) and its metamorphosis from a model of cure to one of contingent help. She describes its initial use in ongoing care, its role in crisis intervention and symptom management, and our pandemic-mandated reliance on regular Zoom sessions. Her account of the "distanced intimacy" of the therapeutic relationship offers a powerful rejoinder to the notion that contact across distance (or screens) is always less useful, or useless, to the person seeking therapeutic treatment or connection. At the same time, these modes of care can quickly become a backdoor for surveillance and disrupt ethical standards important to the therapeutic relationship. The history of the conventional therapeutic scenario cannot be told in isolation from its shadow form, teletherapy. Therapy, Zeavin tells us, was never just a "talking cure"; it has always been a communication cure.

**couples therapy orna guralnik: The Red Zone** Chloe Caldwell, 2022-04-19 A searching, galvanizing memoir about blood and love: how learning more about her period, PMS, PMDD, and the effects of hormones on moods transformed her relationships—to a new partner, to family, to

non-blood kin, and to her own body—from the beloved essayist and author of *Women* Chloe Caldwell's period has often felt inconvenient, uncomfortable, or even painful. It's only once she's in her thirties, as she's falling in love with Tony, a musician and single dad, that its effects on her mood start to dominate her life. Spurred by the intensity and seriousness of her new relationship, it strikes her: her outbursts of anxiety and rage match her hormonal cycle. Compelled to understand the truth of what's happening to her, Chloe documents attitudes toward menstruation among her peers and family, reads Reddit threads about PMS, attends a conference called Break the Cycle, and learns about premenstrual dysphoric disorder, PMDD, which helps her name what she's been going through. For Chloe, healing isn't about finding a single cure. It means reflecting on underlying patterns in her life: her feelings about her queer identity and writing persona in the context of a heterosexual relationship; how her parents' divorce contributed to her issues with trust; and what it means to blend a family. *The Red Zone* is a candid, revelatory memoir for anyone grappling with controversial medical diagnoses and labels of all kinds. It's about coming to terms with the fact that—along with proper treatment—self-acceptance, self-compassion, and transcending shame are the ultimate keys to relief. It's also about love: how challenging it can be, how it reveals your weaknesses and wounds, and how, if you allow it, it will push you to grow and change.

**couples therapy orna guralnik: Patriarchy and Its Discontents** Jean Petrucelli, Sarah Schoen, Naomi Snider, 2022-12-30 This anthology of interviews and essays joins luminaries in contemporary psychoanalysis with pioneers of feminism to provide a timely analysis of the crushing effects of patriarchy and the role that psychoanalysis can play in moving us into a future defined by mutuality and respect. Departing from the contemporary psychoanalytic view that the socio-political and intrapsychic are inextricably linked, contributors use psychoanalysis as a tool to demystify and even dismantle patriarchy, while also examining how our theories, practices, and institutions have been implicated in it. The issues under examination here include important and often under-theorized topics such as institutional responses to boundary violations, the search for a black-feminist psychoanalytic theory, patriarchal enactments within the trans community, the persistence of patriarchy within contemporary psychoanalysis, and the impacts of patriarchy on diverse patient populations and ways to address this clinically. This book represents the first anthology comprised of voices from both within and outside the psychoanalytic realm, outlining a contemporary feminist psychoanalysis for both an analytic and non-analytic audience. It is invaluable for both psychoanalysts and for those in gender studies wishing to draw on psychoanalytic thinking.

**couples therapy orna guralnik: Animal Joy** Nuar Alsadir, 2022-08-16 A Time Must-Read Book of 2022 A Publishers Weekly Best Book of 2022 Aster(ix) Journal's 12 Best Nonfiction Books of 2022 An invigorating, continuously surprising book about the serious nature of laughter. Laughter shakes us out of our deadness. An outburst of spontaneous laughter is an eruption from the unconscious that, like political resistance, poetry, or self-revelation, expresses a provocative, impish drive to burst free from external constraints. Taking laughter's revelatory capacity as a starting point, and rooted in Nuar Alsadir's experience as a poet and psychoanalyst, *Animal Joy* seeks to recover the sensation of being present and embodied. Writing in a poetic, associative style, blending the personal with the theoretical, Alsadir ranges from her experience in clown school, Anna Karenina's morphine addiction, Freud's un-Freudian behaviors, marriage brokers and war brokers, to "Not Jokes," Abu Ghraib, Frantz's negrophobia, smut, the Brett Kavanaugh hearings, laugh tracks, the problem with adjectives, and how poetry can wake us up. At the center of the book, however, is the author's relationship with her daughters, who erupt into the text like sudden, unexpected laughter. These interventions—frank, tender, and always a challenge to the writer and her thinking—are like tiny revolutions, pointedly showing the dangers of being severed from one's true self and hinting at ways one might be called back to it. A bold and insatiably curious prose debut, *Animal Joy* is an ode to spontaneity and feeling alive.

**couples therapy orna guralnik: The Handbook of Social Psychology, 6th Edition** Daniel T. Gilbert, Susan T. Fiske, Eli J. Finkel, Wendy B. Mendes, 2025-05-19 Since 1954, *The Handbook of Social Psychology* has been the field's most authoritative reference work. The 6th edition of this

essential resource contains 50 new chapters on a wide range of topics, written by the world's leading experts. Published in 2025 and available only in digital form, The Handbook is free to read online and to download (in Epub format or PDF) at <https://www.the-hsp.com> Editors: Daniel T. Gilbert, Harvard University; Susan T. Fiske, Princeton University; Eli J. Finkel, Northwestern University; Wendy B. Mendes, Yale University

**couples therapy orna guralnik: Clinical Storytelling, Art and the Problems of Being** Jade McGleughlin, 2024-09-19 In a series of overlapping clinical essays—sometimes highly personal, sometimes bristling with theory, sometimes employing experimental writing—Jade McGleughlin upends the ways we tell a psychoanalytic story. Tracing the evolution of her thinking, the collection grapples with the problem of engaging patients when verbal representation fails. To do this, McGleughlin takes us inside some of her richest, most surprising encounters with patients who have suffered severe trauma, leading to a breach in the experience of self. McGleughlin imagines how to meet patients in the breach. She then brings us along, requiring the analyst's intense personal struggle to find and share the patients' experiences of liminality, of terror, of non-existence—to tolerate the vertigo of deep engagement with the other. Rather than leading with authority and the illusion of an autonomous self, McGleughlin offers storytelling that mirrors the work; her enactive writing dares to replicate the unsettling experience of the breach and invites readers to experience not only seeing but being seen. Drawing from film, literature, and art, including her own paintings, as well as extensive clinical experience, this book is essential reading for all psychoanalysts, psychotherapists, and anyone wanting to understand how communication in a clinical space can transcend the verbal.

**couples therapy orna guralnik: Untangling** Joan K. Peters, 2025-02-18 With the drama of a novel, *Untangling: A Memoir of Psychoanalysis* tells the story of a turbulent and transformative psychoanalysis in this first ever in-depth patient's account. Joan K. Peters's story lays bare the inner workings of this complex treatment, which takes place behind closed doors, is rarely spoken about, and is largely unknown outside of professional circles. A polished, poetic, and often funny writer, Peters's willingness to expose her own demons brings psychoanalysis to life, from the intense strife to the fierce love that can develop between patient and analyst. Joan's first analyst, Lane, helped Joan alleviate tormenting and recurring nightmares and to find herself by discovering her family's secret past. Her second analyst, Kristi, guided her through the frightening depths of that past to a yearned-for freedom. In another first, Kristi writes an afterword about the challenge of analyzing Peters. Unique in its reach, *Untangling* reveals the mysteries that lurk beneath the surface of our psyches.

**couples therapy orna guralnik: Translating the Jewish Freud** Naomi Seidman, 2024-06-04 There is an academic cottage industry on the Jewish Freud, aiming to detect Jewish influences on Freud, his own feelings about being Jewish, and suppressed traces of Jewishness in his thought. This book takes a different approach, turning its gaze not on Freud but rather on those who seek out his concealed Jewishness. What is it that propels the scholarly aim to show Freud in a Jewish light? Naomi Seidman explores attempts to touch Freud (and other famous Jews) through Jewish languages, seeking out his Hebrew name or evidence that he knew some Yiddish. Tracing a history of this drive to bring Freud into Jewish range, Seidman also charts Freud's responses to (and jokes about) this desire. More specifically, she reads the reception and translation of Freud in Hebrew and Yiddish as instances of the desire to touch, feel, rescue, and connect with the famous Professor from Vienna.

**couples therapy orna guralnik: Culture, Madness and Wellbeing** Jason Lee, 2023-12-12 This book is a unique study of the historical, theoretical, and cultural interpretations of 'madness' including interviews with those who have experiences of 'madness'. It takes a transdisciplinary approach, employing historical, psychological, and sociological perspectives through an intersectional lens. This work explains how the prioritization of thinking over feeling in Western thought means the transrational imagination has frequently been negated in tackling mental health with detrimental results. This book, therefore, examines creative media, especially film, as a

transrational form of human expression for healing and wellbeing, along with television, theatre, social media, music, and computer games. 'Madness' with regards to gender, sexuality, adolescence, and class in media and film is interrogated, as well as 'madness' and race through a focus on colonialism, post-colonialism, and psychiatry. It analyses group psychosis, including celebrity culture, and the 'madness' of leaders and gurus. This book challenges the lasting influence of the Age of Reason by furthering our understanding of the value of transrationality and the diverse ways of being human.

**couples therapy orna guralnik: Money on Your Mind** Vicky Reynal, 2025-01-07 Discover how your thoughts, emotions, and past experiences shape your money habits—and find your way to financial freedom. Do you overspend or make impulse purchases you regret later? Do you never feel like enough money is enough? Do you hide purchases from your partner? Do you spend extravagantly on others to win their approval? Do you resist spending money even on things you know you need? One of your most important relationships is the one you have with money, yet you may not be aware of the complex web of emotions and past experiences that are really driving your money habits. *Money on Your Mind* helps you unpack these psychological hurdles and start making better financial choices. Through a mix of case studies, client stories, and her expertise in psychotherapy, financial psychotherapist Vicky Reynal reveals how an emotionally absent parent can result in comfort shopping, how bullying in school can lead to overspending, how absorbing a parent's lack of boundaries can interfere with making rational financial decisions, and much more. Then, she helps you shift those ingrained attitudes and beliefs so you can stop falling into the same old spend-ing traps. You'll learn to: Recognize your spending triggers Let go of a scarcity mindset Free yourself of spending anxiety Take control over your money habits With a better understanding of the root causes of your money struggles, a more secure financial future is possible.

**couples therapy orna guralnik: Hidden Histories of British Psychoanalysis** Brett Kahr, 2023-10-12 In this compellingly written and meticulously researched new book, Professor Brett Kahr draws upon extensive unpublished archival sources and upon his four decades of oral history interviews to paint fascinating portraits of many of the icons of mental health. *Unearthing Freud's Death Bed and Laing's Missing Tooth: Hidden Histories of British Psychoanalysis* includes detailed accounts of Kahr's interviews with such noted figures as Enid Balint, Marion Milner, Ronald Laing, John Bowlby and his wife, Ursula Longstaff Bowlby, as well as numerous members of Donald Winnicott's family. Framed as a series of glimpses into the early history of British psychoanalysis, Kahr explores how the German-speaking Sigmund Freud learned how to psychoanalyse English-speaking patients; how Enid Eichholz (the future wife of Michael Balint) pioneered couple psychoanalysis in the wake of the Second World War; how Donald Winnicott treated *The Piggle* in the midst of his own health crises; and how Masud Khan degenerated from a clinical sage into an anti-Semite. A breathtaking combination of interviews, reminiscences, and well-documented scholarship, this book provides a gripping overview of many of the key figures in British psychoanalysis, all of whom made unparalleled contributions to the mental health profession, and whose lives and careers deserve to be visited and revisited.

**couples therapy orna guralnik: Reading with Muriel Dimen/Writing with Muriel Dimen** Stephen Hartman, 2023-05-16 *Reading with Muriel Dimen/Writing with Muriel Dimen: Experiments in Theorizing a Field* is a collection of reading and writing experiments inspired by the late feminist psychoanalyst Muriel Dimen. Each of the six projects that comprise this volume explores a stylistic and thematic manner of reading and responding to Dimen's work, challenging the field to write outside the standardized edition, and covering a remarkable breadth of essential analytic topics, such as sex, gender, money, love and hate, and boundary violations. As an homage to Dimen's quest to engage the personal and the political in the author's craft, and in collaboration with Dimen's endeavour to foster revolution across the psychosocial landscape that renders psychoanalysis its field, the authors offer readers a wild analysis of reading and writing. Providing a clear introduction to and exploration of Muriel Dimen's groundbreaking work, this book will prove essential for scholars of psychoanalysis, cultural studies, and gender studies, as well as anyone seeking to

understand Dimen's influence on psychoanalytic practice today.

**couples therapy orna guralnik: We Can Do Hard Things** Glennon Doyle, Abby Wambach, Amanda Doyle, 2025-05-06 NEW YORK TIMES AND #1 NATIONAL BESTSELLER • The award-winning authors and podcasters Glennon Doyle, Abby Wambach, and Amanda Doyle created *We Can Do Hard Things*—the guidebook for being alive—to help fellow travelers find their way through life. When you travel through a new country, you need a guidebook. When you travel through love, heartbreak, joy, parenting, friendship, uncertainty, aging, grief, new beginnings—life—you need a guidebook, too. *We Can Do Hard Things* is the guidebook for being alive. Every day, Glennon Doyle spirals around the same questions: Why am I like this? How do I figure out what I want? How do I know what to do? Why can't I be happy? Am I doing this right? The harder life gets, the less likely she is to remember the answers she's spent her life learning. She wonders: I'm almost fifty years old. I've overcome a hell of a lot. Why do I wake up every day having forgotten everything I know? Glennon's compasses are her sister, Amanda, and her wife, Abby. Recently, in the span of a single year, Glennon was diagnosed with anorexia, Amanda was diagnosed with breast cancer, and Abby's beloved brother died. For the first time, they were all lost at the same time. So they turned toward the only thing that's ever helped them find their way: deep, honest conversations with other brave, kind, wise people. They asked each other, their dearest friends, and 118 of the world's most brilliant wayfinders: As you've traveled these roads—marriage, parenting, work, recovery, heartbreak, aging, new beginnings—have you collected any wisdom that might help us find our way? As Glennon, Abby, and Amanda wrote down every life-saving answer, they discovered two things: 1. No matter what road we are walking down, someone else has traveled the same terrain. 2. The wisdom of our fellow travelers will light our way. They put all of that wisdom in one place: *We Can Do Hard Things*—a place to turn when you feel clueless and alone, when you need clarity in the chaos, or when you want wise company on the path of life. We are all life travelers. We don't have to travel alone. *We Can Do Hard Things* is our guidebook. Featuring wisdom from: ALOK • Sara Bareilles • Dr. Yaba Blay • Kate Bowler • adrienne maree brown • Brandi Carlile • Brittney Cooper • Brittany Packnett Cunningham • Kaitlin Curtice • Megan Falley • Jane Fonda • Stephanie Foo • Ashley C. Ford • Ina Garten • Roxane Gay • Andrea Gibson • Elizabeth Gilbert • Dr. Orna Guralnik • Tricia Hersey • Justice Ketanji Brown Jackson • Luvvie Ajayi Jones • Dr. Becky Kennedy • Emily Nagoski • Esther Perel • Ai-Jen Poo • Cole Arthur Riley • Dr. Alexandra Solomon • Cheryl Strayed • Sonya Renee Taylor • Ocean Vuong • And many others

**couples therapy orna guralnik: The Virginia Quarterly Review**, 2019

**couples therapy orna guralnik: Talk** Alison Wood Brooks, 2025-01-21 A groundbreaking book that reveals the hidden architecture of our conversations and how even small improvements can have a profound impact on our relationships in work and life—from a celebrated Harvard Business School professor and leading expert on the psychology of conversation. "Alison Wood Brooks brings to life the science of conversation, in which she is a world expert, with the utmost warmth, empathy, and joy."—Angela Duckworth, #1 New York Times bestselling author of *Grit* All of us can struggle with difficult conversations, but we're often not very good at the easy ones either. Though we do it all the time, Harvard professor Alison Wood Brooks argues that conversation is one of the most complex, demanding, and delicate of all human tasks, rife with possibilities for misinterpretation and misunderstanding. And yet conversations can also be a source of great joy, each one offering an opportunity to express who we are and learn who others are—to feel connected, loved, and alive. In *Talk*, Brooks shows why conversing a little more effectively can make a big difference in the quality of our close personal relationships as well as our professional success. Drawing on the new science of conversation, Brooks distills lessons that show how we can better understand, learn from, and delight each other. The key is her TALK Maxims: Topics: Choose topics and manage them well Asking: Ask more questions Levity: Use humor to keep conversations fizzy Kindness: Prioritize their partners conversational needs Through experiments ranging across the conversational spectrum—from speed daters who ask too few questions (or too many), to future business leaders averse to topic forethought, to traffic stops that reveal the essence of kind language—Brooks takes

us inside the world of conversation, giving us the confidence and the advice to approach any interaction with more creativity and compassion. Addressing our face-to-face conversations as well as those we have by phone, email, text, and social media, Talk is a thoughtful guide for anyone seeking to better establish and sustain their relationships. From managing our emotions and sparking creativity to navigating conflict and being more inclusive, the right conversation skills just might be the key to leading a more purposeful life.

**couples therapy orna guralnik:** The Routledge International Handbook of Psychoanalysis and Jewish Studies Stephen Frosh, Devorah Baum, 2025-04-30 The Routledge International Handbook of Psychoanalysis and Jewish Studies is an innovative, multidisciplinary volume covering the history, religion, culture and politics of Jewish Studies and psychoanalysis. An international team of contributors brings together these two fields and offers a critical assessment of the encounters that emerge from the confrontation and collaboration they have with each other. Chapters cover a broad range of topics, including psychoanalytic history, critical theory, film, ritual, Jewish heritage, the Bible, antisemitism, racism, life- writing and the occult. This Handbook will be of interest to practitioners and researchers in several interrelated disciplines, such as Jewish Studies, psychoanalysis, group analysis, sociology, anthropology, psychosocial studies, literature, film and gender studies. It will be of especial value to students of psychoanalytic and psychosocial studies.

**couples therapy orna guralnik:** La psicología de tu relación con el dinero Reynal, Vicky, 2025-04-07 <p>Las creencias inconscientes que sabotean tu bienestar financiero y cómo liberarte de ellas. Descubre cómo tus pensamientos, emociones y experiencias pasadas dan forma a tus hábitos respecto al dinero y encuentra tu camino hacia la libertad financiera.</p><p> ¿Gastas demasiado o haces compras impulsivas de las que luego te arrepientes?</p><p> ¿Sientes que nunca tienes suficiente dinero? ¿Le ocultas tus compras a tu pareja?</p><p> ¿Gastas de forma desmesurada en otros para ganarte su aprobación?</p><p> ¿Te resistes a gastar dinero incluso en cosas que sabes que necesitas?</p><p> La relación que mantienes con el dinero es una de las más importantes de tu vida, pero es posible que no seas consciente de la compleja red de emociones y experiencias pasadas que determinan tus hábitos económicos.</p><p> Este libro te ayudará a desentrañar estos obstáculos psicológicos y a empezar a tomar mejores decisiones financieras. A través de una combinación de estudios de casos, experiencias de clientes y sus propios conocimientos sobre el tema, la psicoterapeuta Vicky Reynal te explica cómo el hecho de vivir con un padre o una madre emocionalmente ausente podría dar lugar a un hábito de compras compulsivas, cómo, en ocasiones, el acoso escolar nos lleva a gastar en exceso, o cómo la falta de límites por parte de los padres puede llegar a interferir en la toma de decisiones financieras racionales. A continuación, te ayuda a cambiar esas actitudes y creencias arraigadas para que dejes de caer en las mismas viejas trampas.</p><p> En este libro aprenderás a:</p><p>\* Reconocer los desencadenantes de tus gastos.</p><p>\* Dejar de lado la mentalidad de escasez.</p><p>\* Liberarte de la ansiedad por el gasto.</p><p>\* Tomar el control de tus hábitos.</p><p> Al entender mejor las causas fundamentales de tus dificultades económicas, es posible construir un futuro financiero más seguro.</p>

**couples therapy orna guralnik:** Physician of Souls Jeanne Stevenson-Moessner, 2024-06-11 While our current culture places a divide between religion and medicine, in some cultures, the healer and the religious leader were the same. The phrase physician of souls is a connective term that links those who primarily tend the physical bodies of the suffering to those who primarily tend the emotions or the psyche or the soul. Through teamwork between various types of caregivers, the interconnection of body-mind-soul becomes more apparent. Jeanne Stevenson-Moessner aims to retrieve, expand, and apply the term for religious leaders and theologians in their response to pain, illness, moral injury, soul-wounding, and crisis. Stevenson-Moessner develops a credo based on John Chrysostom's approach to healing, emphasizing the interconnection of body-mind-soul-culture, resistance to exploitation and degradation, and the importance of community in the healing process. The author advocates for a more prominent role for religious professionals such as chaplains in the healing process, emphasizing their unique ability to represent the faith tradition of the patient and,

in the Christian tradition, act as an emissary of Christ the Healer. Finally, the book discusses healing using every means of cure, including both medical and religious rituals, as well as alternative and holistic approaches. The book seeks to revive the concept of physician of souls and apply it in modern times to promote healing and well-being on an individual, communal, and societal level. Physician of Souls also includes color pictures to demonstrate aspects of the case studies and concepts, enhancing learning for students, chaplains, and pastoral theologians. By emphasizing the importance of a holistic approach to healing, Physician of Souls aims to bridge the gap between the medical and religious professions and promote a more integrated approach to healthcare.

**couples therapy orna guralnik:** I soldi nella mente Vicky Reynal, 2025-03-11 Fai fatica a rispettare i limiti di budget? Nascondi i tuoi guadagni al partner? Litighi spesso per questioni di soldi con i tuoi familiari? Una delle relazioni più importanti che abbiamo è quella con il denaro, ma in questo ambito è raro essere consapevoli di cosa determini le nostre abitudini e le nostre emozioni. Lunghi dall'essere uno strumento asettico, infatti, i soldi possono essere causa di ansia, vergogna e conflitti nella nostra vita quotidiana: un intrico di fattori emotivi, esperienze passate e tratti caratteriali guida le nostre decisioni e i nostri sentimenti al riguardo. Come superare gli ostacoli che ci impediscono di fare scelte finanziarie ragionevoli? Vicky Reynal, psicoterapeuta specializzata nel rapporto tra mente e soldi, analizza una serie di comportamenti diffusi (per esempio spendere sempre troppo, o troppo poco, autosabotarsi, essere eccessivamente riservati) e spiega come possano avere origine nelle esperienze passate come la deprivazione affettiva o il bullismo. Attraverso le storie di alcuni casi esemplari e dei suoi pazienti, guida i lettori alla comprensione di sé e soprattutto a costruire un rapporto più sano con il denaro.

## Related to couples therapy orna guralnik

**Couples Resorts Jamaica | All-Inclusive Resorts in Jamaica** Discover all-inclusive luxury at Couples Resorts in Jamaica. Enjoy beachfront relaxation, world-class dining, and romantic getaways at our oceanfront resorts!

**Resort Activities | Couples Resorts Negril | Official Site** You want your experience at Couples Resort Negril to be as fun as it is romantic. Take the dance class you've always wanted, get cozy at our beach bonfire, or bring your A-game to our tennis

**Already Booked | Couples Resorts Jamaica | Official Website** Experience endless perks with Couples Resorts' "Romance Rewards". Check in early, customize your mini-bar and swap resorts for a day during your stay with us

**Jamaica All-Inclusive Resort Deals - Couples Resorts** Discover Jamaica all-inclusive resort deals at Couples Resorts. Enjoy seasonal offers, exclusive honeymoon packages, and ultimate fun. Save on your next trip!

**Welcome Packet | Couples Resorts Jamaica | Official Website** Welcome to Couples Resorts! Access our comprehensive welcome packet to start planning your dream vacation. Find essential information, exclusive perks, & more

**Loyalty Rewards | Couples Resorts Jamaica | Official Website** Unlock the best of Couples with exclusive members-only rates when you join our Romance Rewards program! From your very first stay, you'll enjoy access to our best available

**Resort Activities | Couples Resorts Swept Away | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Resort Activities | Couples Resorts Sans Souci | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Hotel Rooms In Jamaica | Couples Resorts Tower Isle** Experience luxury in island-inspired hotel rooms in Jamaica at Couples Tower Isle. Enjoy plush beds, private balconies, and exclusive Spa Villas

**Resort Policies | Couples Resorts Jamaica | Official Website** Review Couples Resorts' policies

on booking, stay requirements, rates, and special offers. Find details on resort credits, travel protection, and more here

**Couples Resorts Jamaica | All-Inclusive Resorts in Jamaica** Discover all-inclusive luxury at Couples Resorts in Jamaica. Enjoy beachfront relaxation, world-class dining, and romantic getaways at our oceanfront resorts!

**Resort Activities | Couples Resorts Negril | Official Site** You want your experience at Couples Resort Negril to be as fun as it is romantic. Take the dance class you've always wanted, get cozy at our beach bonfire, or bring your A-game to our tennis

**Already Booked | Couples Resorts Jamaica | Official Website** Experience endless perks with Couples Resorts' "Romance Rewards". Check in early, customize your mini-bar and swap resorts for a day during your stay with us

**Jamaica All-Inclusive Resort Deals - Couples Resorts** Discover Jamaica all-inclusive resort deals at Couples Resorts. Enjoy seasonal offers, exclusive honeymoon packages, and ultimate fun. Save on your next trip!

**Welcome Packet | Couples Resorts Jamaica | Official Website** Welcome to Couples Resorts! Access our comprehensive welcome packet to start planning your dream vacation. Find essential information, exclusive perks, & more

**Loyalty Rewards | Couples Resorts Jamaica | Official Website** Unlock the best of Couples with exclusive members-only rates when you join our Romance Rewards program! From your very first stay, you'll enjoy access to our best available

**Resort Activities | Couples Resorts Swept Away | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Resort Activities | Couples Resorts Sans Souci | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Hotel Rooms In Jamaica | Couples Resorts Tower Isle** Experience luxury in island-inspired hotel rooms in Jamaica at Couples Tower Isle. Enjoy plush beds, private balconies, and exclusive Spa Villas

**Resort Policies | Couples Resorts Jamaica | Official Website** Review Couples Resorts' policies on booking, stay requirements, rates, and special offers. Find details on resort credits, travel protection, and more here

**Couples Resorts Jamaica | All-Inclusive Resorts in Jamaica** Discover all-inclusive luxury at Couples Resorts in Jamaica. Enjoy beachfront relaxation, world-class dining, and romantic getaways at our oceanfront resorts!

**Resort Activities | Couples Resorts Negril | Official Site** You want your experience at Couples Resort Negril to be as fun as it is romantic. Take the dance class you've always wanted, get cozy at our beach bonfire, or bring your A-game to our tennis

**Already Booked | Couples Resorts Jamaica | Official Website** Experience endless perks with Couples Resorts' "Romance Rewards". Check in early, customize your mini-bar and swap resorts for a day during your stay with us

**Jamaica All-Inclusive Resort Deals - Couples Resorts** Discover Jamaica all-inclusive resort deals at Couples Resorts. Enjoy seasonal offers, exclusive honeymoon packages, and ultimate fun. Save on your next trip!

**Welcome Packet | Couples Resorts Jamaica | Official Website** Welcome to Couples Resorts! Access our comprehensive welcome packet to start planning your dream vacation. Find essential information, exclusive perks, & more

**Loyalty Rewards | Couples Resorts Jamaica | Official Website** Unlock the best of Couples with exclusive members-only rates when you join our Romance Rewards program! From your very first stay, you'll enjoy access to our best available

**Resort Activities | Couples Resorts Swept Away | Official** Our professional massage staff

shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Resort Activities | Couples Resorts Sans Souci | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Hotel Rooms In Jamaica | Couples Resorts Tower Isle** Experience luxury in island-inspired hotel rooms in Jamaica at Couples Tower Isle. Enjoy plush beds, private balconies, and exclusive Spa Villas

**Resort Policies | Couples Resorts Jamaica | Official Website** Review Couples Resorts' policies on booking, stay requirements, rates, and special offers. Find details on resort credits, travel protection, and more here

**Couples Resorts Jamaica | All-Inclusive Resorts in Jamaica** Discover all-inclusive luxury at Couples Resorts in Jamaica. Enjoy beachfront relaxation, world-class dining, and romantic getaways at our oceanfront resorts!

**Resort Activities | Couples Resorts Negril | Official Site** You want your experience at Couples Resort Negril to be as fun as it is romantic. Take the dance class you've always wanted, get cozy at our beach bonfire, or bring your A-game to our tennis

**Already Booked | Couples Resorts Jamaica | Official Website** Experience endless perks with Couples Resorts' "Romance Rewards". Check in early, customize your mini-bar and swap resorts for a day during your stay with us

**Jamaica All-Inclusive Resort Deals - Couples Resorts** Discover Jamaica all-inclusive resort deals at Couples Resorts. Enjoy seasonal offers, exclusive honeymoon packages, and ultimate fun. Save on your next trip!

**Welcome Packet | Couples Resorts Jamaica | Official Website** Welcome to Couples Resorts! Access our comprehensive welcome packet to start planning your dream vacation. Find essential information, exclusive perks, & more

**Loyalty Rewards | Couples Resorts Jamaica | Official Website** Unlock the best of Couples with exclusive members-only rates when you join our Romance Rewards program! From your very first stay, you'll enjoy access to our best available

**Resort Activities | Couples Resorts Swept Away | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Resort Activities | Couples Resorts Sans Souci | Official** Our professional massage staff shares tips on the fine art of massage, teaching couples how to give each other this amazing and romantic treat. Classes are offered once per

**Hotel Rooms In Jamaica | Couples Resorts Tower Isle** Experience luxury in island-inspired hotel rooms in Jamaica at Couples Tower Isle. Enjoy plush beds, private balconies, and exclusive Spa Villas

**Resort Policies | Couples Resorts Jamaica | Official Website** Review Couples Resorts' policies on booking, stay requirements, rates, and special offers. Find details on resort credits, travel protection, and more here

## Related to couples therapy orna guralnik

**Orna Guralnik's Father 'Died a Beautiful Death' at Bricolage** (8d) The "Couples Therapy" star and longtime Brooklynite answers the first-ever Where to Eat questionnaire

**Orna Guralnik's Father 'Died a Beautiful Death' at Bricolage** (8d) The "Couples Therapy" star and longtime Brooklynite answers the first-ever Where to Eat questionnaire

**Dr. Orna Has Some Advice for the Obamas** (The Cut on MSN22h) TV's chicest couples therapist feels Michelle and Barack should approach their dinner chats more thoughtfully

**Dr. Orna Has Some Advice for the Obamas** (The Cut on MSN22h) TV's chicest couples therapist feels Michelle and Barack should approach their dinner chats more thoughtfully

**Is the Show “Couples Therapy” Real? All About the Docuseries That Keeps Going TikTok Viral** (Yahoo3mon) Dr. Orna Guralnik's TV office is actually a set outfitted with hidden cameras  
Another session of Couples Therapy has come to an end. The Showtime docuseries first premiered in September 2019, with the

**Is the Show “Couples Therapy” Real? All About the Docuseries That Keeps Going TikTok Viral** (Yahoo3mon) Dr. Orna Guralnik's TV office is actually a set outfitted with hidden cameras  
Another session of Couples Therapy has come to an end. The Showtime docuseries first premiered in September 2019, with the

**‘Couples Therapy’ Season 4 Part 2 Review: Come for the Therapy, Stay for Dr. Orna Guralnik** (Yardbarker4mon) Think of all the relationships in your life — platonic or otherwise — and you’ll likely be hard-pressed to find one that hasn’t experienced some sort of conflict. Humans are chaotic messes. We make s

**‘Couples Therapy’ Season 4 Part 2 Review: Come for the Therapy, Stay for Dr. Orna Guralnik** (Yardbarker4mon) Think of all the relationships in your life — platonic or otherwise — and you’ll likely be hard-pressed to find one that hasn’t experienced some sort of conflict. Humans are chaotic messes. We make s

**Paramount Plus renews ‘Couples Therapy’ for season 5 after 30% jump in viewership** (Yahoo3mon) The Paramount Plus docuseries "Couples Therapy" saw an explosive Season 4B premiere earlier this month, enough to convince Paramount to order up another season of relationship drama for couples guru

**Paramount Plus renews ‘Couples Therapy’ for season 5 after 30% jump in viewership** (Yahoo3mon) The Paramount Plus docuseries "Couples Therapy" saw an explosive Season 4B premiere earlier this month, enough to convince Paramount to order up another season of relationship drama for couples guru

**Dr. Orna Guralnik Reflects on the Ethics of Practicing ‘Couples Therapy’ on TV** (AOL1mon)  
What the world needs now is psychotherapy, sweet therapy. That’s the word from Dr. Orna Guralnik, the featured attraction and real-life psychoanalyst on Showtime’s “Couples Therapy,” which is

**Dr. Orna Guralnik Reflects on the Ethics of Practicing ‘Couples Therapy’ on TV** (AOL1mon)  
What the world needs now is psychotherapy, sweet therapy. That’s the word from Dr. Orna Guralnik, the featured attraction and real-life psychoanalyst on Showtime’s “Couples Therapy,” which is

**‘Couples Therapy’ Renewed For Season 5 By Showtime** (Deadline.com3mon) On the heels of a 30% surge in viewership for the recent Season 4B premiere, Couples Therapy has been renewed for a fifth season by Showtime. Featuring renowned psychologist and psychoanalyst Dr. Orna

**‘Couples Therapy’ Renewed For Season 5 By Showtime** (Deadline.com3mon) On the heels of a 30% surge in viewership for the recent Season 4B premiere, Couples Therapy has been renewed for a fifth season by Showtime. Featuring renowned psychologist and psychoanalyst Dr. Orna

**Bonus: Why Couples Therapy Always Goes Viral on TikTok** (Slate3mon) Dr. Orna Guralnik introduces us to a batch of new couples, and we are riveted yet again. On this bonus episode of ICYMI, Kate Lindsay, Candice Lim, and ICYMI Producer Vic Whitley-Berry discuss their

**Bonus: Why Couples Therapy Always Goes Viral on TikTok** (Slate3mon) Dr. Orna Guralnik introduces us to a batch of new couples, and we are riveted yet again. On this bonus episode of ICYMI, Kate Lindsay, Candice Lim, and ICYMI Producer Vic Whitley-Berry discuss their

**Orna Guralnik on the Stories We Tell In Love and Relationships** (The New York Times4mon)  
Filmed live at the 2025 New York Times Well Festival Clinical Psychologist and Psychoanalyst  
Executive Editorial Director of Books, Film, TV and Events at The New

**Orna Guralnik on the Stories We Tell In Love and Relationships** (The New York Times4mon)  
Filmed live at the 2025 New York Times Well Festival Clinical Psychologist and Psychoanalyst  
Executive Editorial Director of Books, Film, TV and Events at The New

## Related Articles

- [college essays that made a difference](#)
- [how to write a college essay](#)
- [big ideas math chapter 7 test answer key](#)

[Back to Home](#)