



Kita Tabachka
— RELATIONAL THERAPY —

WELCOMING GUIDE

Welcome

Individual therapy, couples therapy and co-parenting after separation

Therapy for relationships under pressure, and for the people carrying them. Including expat and cross-cultural couples, wherever in the world you each are.

Kita Tabachka | Individual and Couples Therapy | BACP Registered

Online in English and Bulgarian | UK and international clients | Sessions across time zones

Read this before your free consultation. It lives at kitatabachkatherapy.com/welcoming-guide



With Zara and Linda, the home behind the online practice.

A WARM HELLO

Hello, and welcome.

I doubt you are reading this because everything feels easy.

Something has become hard to carry. An argument you have had forty times in slightly different clothes. A betrayal you keep circling back to. A silence in the house. Or you are alone with it: the anxiety at three in the morning, the dread before a family visit, the sense of functioning well in public and coming apart in private.

You might be reading this as two people, or alone, or as a parent raising children with someone you no longer live with. Every one of those is a reason to be here. You do not need to arrive polished, certain or calm. You need enough willingness to be honest, and a little patience with yourself while honesty gets easier.

My job is to help you feel heard without turning anyone into the problem.

We slow the pattern down and listen for what it protects, then practise a different move while the old one is still tempting.

The argument is rarely only about the argument.

Underneath the words, someone is usually asking something more tender. Am I alone in this? Do I still matter to you? Is it safe to tell the truth here? Will we come back after this? If you come alone, the questions point inward. Am I too much? Why does my body brace before anyone has spoken?

We go carefully. Warmth matters, safety matters and accountability matters. The beginning is a place to breathe, speak plainly and start seeing the pattern together.

Depth with direction.

I am a BACP-registered integrative therapist. I work online, in English, with individuals and couples in the UK and across the world.

Most of the people who find me are carrying relationships under pressure: recurring conflict, attachment pain, betrayal, relationship anxiety, the strain of living between countries, and the private cost of looking capable while feeling unsure where you belong.

My path here was not a straight line.

I studied International Relations. I worked in finance, business, strategy and leadership. I moved countries more than once. At 35 I changed direction toward the work I had always been drawn to: people, and what happens between them.

I mention this because it shapes how I sit with you. I know what sustained pressure does to a person. I know what it is to rebuild a life somewhere new and look fine while doing it. I know how an argument about the washing up is almost never about the washing up.

Loss has shaped me too. Losing my sister, and watching my mother carry her own struggles, taught me how families move around pain, and how a loss can be a person, a country, a role, a relationship, or a version of yourself.



BACP Registered Member 409623

Online, in English and Bulgarian

Adults, couples and co-parents

Gottman Method training

Trauma-informed, attachment-aware

How I work

Integrative, trauma-informed and attachment-aware. Couples work is Gottman-informed, with attention to recurring conflict, trust and emotional connection.

How I am held

Registered Member of the BACP, working within its Ethical Framework, with regular clinical supervision and professional insurance.

Where I come from

Bulgarian, long settled in the UK. Sessions in English or Bulgarian. I know both what a move gives you and what it quietly takes.

Three ways in.

People arrive in different shapes. Alone. As a couple. As two parents who are no longer a couple. The clinical thinking is shared. The room is different each time.

Individual therapy

For the person carrying too much on their own: relationship anxiety, loneliness, family wounds, anger, low self-worth, the aftermath of abuse, or a life abroad where no one quite knows you.

Weekly 50-minute sessions. Your history, your protections, your choices.

Couples therapy

For the relationship under pressure: the same fight on repeat, distance, betrayal, two cultures or two countries pulling in different directions.

70-minute joint sessions. Where we use the Gottman assessment format, each of you has one individual session with me first, before couples therapy begins. Works whether you share a sofa or a time zone. See pages 7 to 9.

Co-parenting after separation

For parents who are no longer together and still have to raise children together. Handovers, holidays, new partners, two sets of rules, one child in the middle.

Structured, mediated conversations with a single aim: a working parenting relationship. See page 10.

Not sure which door is yours?

That is normal. Many people start by describing a relationship and discover the work they need is individual. Others come alone and later bring a partner. Some parents book couples therapy when the honest task is learning to separate well. The free first conversation exists so we work this out together, before you commit to anything.

One rule runs through all three. I do not take sides. I take the relationship seriously, including the relationship you have with yourself. I listen to every person with care, and I stay honest about behaviour which harms, avoids, punishes, pressures or shuts the work down.

The pattern underneath the story.

People often arrive asking for help with communication. The words matter, but they are rarely the whole issue. Beneath the wording there is usually protection: fear of being dismissed, fear of being controlled, fear of not being enough, fear the other person has stopped caring.

Here is the map I hold in my head while you talk. It is the same map whether you come alone or together.

Trigger

What touched the wound?

Meaning

What did it seem to mean?

Body

Where did the nervous system go?

Protection

What did you do to survive it?

Impact

What did it cost?

Repair

Is there a way back?

Communication breakdown

Conversations escalate, collapse or never reach the point.

Trust rupture and betrayal

Secrecy, lying or infidelity has damaged the body's ability to settle.

Attachment and trauma

Old experiences shape how the present moment is heard.

Anger and shutdown

Heat or silence arrives before the words do, and someone gets hurt or abandoned.

Pursue and withdraw

One partner reaches harder, the other goes quiet, and both end up alone.

Relationship anxiety

Overthinking, doubt and reassurance loops make love feel unsafe even when nothing is wrong.

Expat and cross-cultural strain

Countries, families, languages, values and distance are also in the room.

Separation and co-parenting

The relationship has ended. The shared responsibility has not.

A useful sign of progress is not that you never get triggered. It is recognising the old move sooner, and repairing with less damage than last time.

Your own room.

Many people come to relational work alone. Before a partner is willing. After a relationship has ended. Before they know how to trust again. Or because the earliest relationships in their life taught them love was something to manage rather than rest in.

Who this is for

- Relationship anxiety: checking, doubting, needing reassurance, then resenting needing it.
- Loneliness, including the kind which lives inside a marriage or a busy life.
- Family betrayal, parent wounds and the guilt of setting limits with people who raised you.
- Anger which arrives faster than you do, and the shame afterwards.
- Low self-worth and the habit of becoming useful instead of known.
- Past experiences of domestic abuse and rebuilding self-trust afterwards.
- Life abroad: the ambition, the reinvention, the ache of being nobody's first call.

What we do

We start with what is live. Then we slow it down until the pattern shows itself: what touched the wound, what your body did, what you did to protect yourself, and what it cost you.

We honour the origin without freezing you there. Something your nervous system learned is not the whole of who you are.

Each session ends with one small thing to practise: a sentence to try, a pause to take, one message to send. Insight on its own rarely changes a life. Insight which becomes behaviour under pressure does.

I work with men as often as women. Anger, withdrawal, shame and the fear of being weak are welcome here, and nobody is judged for how long it took them to come.

Individual sessions before couples work

These are different. Where a couple and I use the Gottman assessment format, each partner books one individual session with me before couples therapy begins. It is not a secret alliance. It gives me each person's history and what each of you protects, so I hold the couple room fairly from the first joint session. What matters comes back into the joint work, with care and without surprise. If either of you wants ongoing individual therapy alongside couples work, we discuss it openly, and it is usually better held by a different therapist.

Sessions are 50 minutes, usually weekly. We review together around session six: what has shifted, what keeps repeating, what we focus on next.

Balanced, structured, emotionally honest.

Couples do not usually lose each other all at once. They lose each other in repeated moments of fear, protection, failed repair and misunderstood longing. The work is to make those moments visible, then practise something different while the old move is still tempting.

01 Map the cycle

We find the recurring loop rather than treating every fight as a separate emergency.

02 Lower the heat

We slow conversations so both of you think, hear and answer with more accuracy.

03 Build repair

Not perfect wording. More accountability, more contact, less damage.

What a session looks like

- We slow one recent argument down until the emotional choreography becomes visible.
- We notice when a nervous system is flooded and needs a pause before repair is possible.
- We practise different language in the room, while the old protective move is still pulling.
- We finish with a small, realistic between-session practice instead of vague hope.

Gottman-informed structure

I draw on Gottman Method training as one part of an integrative, trauma-informed and attachment-aware approach. The structure organises what is happening between you without reducing either person to a score, a diagnosis or a role.

It gives us language for things couples often know in their bones and cannot slow down in real time: the four moves which poison conflict, the softened start, the repair attempt nobody noticed, and what happens when a body floods.

What I will not do

I will not referee. I will not pretend both of you carry the same responsibility when one of you is doing the harm. I will not let therapy language become a weapon one partner uses on the other. And I will not push you toward staying, or toward leaving. Some couples come to repair. Some come to end things without cruelty. Both are serious work.

The order of things when we use the Gottman format

Free consultation

Both of you, 15 to 20 minutes

›

Your individual session

50 minutes, alone with me

›

Your partner's individual session

50 minutes, alone with me

›

First joint session

The map, together

›

Couples sessions

70 minutes, ongoing

Both individual sessions are booked and completed before couples therapy begins. Page 11 explains why.

One room, two time zones.

A growing number of the couples I work with do not live in the same country. One partner is on a contract in Dubai, the other is in Manchester. One is waiting on a visa, the other has already moved. One went home to care for a parent and has not come back yet.

Distance does something particular to a relationship. Arguments happen over text, where tone is invented by the reader. Silence lasts eight hours because someone is asleep, and the waiting partner's body fills the gap with a story. Reunions carry so much hope they buckle under it. Small resentments about who moved, who sacrificed, whose career counted, sit unspoken for months.

How it works

You do not both need to be in the same place, or even the same continent. Sessions run through Carepatron, a secure video platform. Each of you joins from wherever you are. I see you both, you see each other, and the session is as complete as it would be in a single room.

We agree a standing time which is humane for all three of us. Early morning in one country, evening in another, is common. If one of you travels for work, we move the slot rather than drop it. The individual session each of you has before couples therapy begins is booked separately, around your own day.

What I ask of each of you

- A private space where you will not be overheard. Not a shared office, not a car outside someone's house.
- A stable connection, headphones, and ten minutes before we start to settle.
- Full presence. No second screen, no driving, no airport lounge.
- Honesty about the practical pressure. If a session time is costing one of you sleep every week, say so, and we fix it.

When the distance is the subject

Sometimes the geography is not the backdrop. It is the conflict. Whether to close the gap. Whose country. Whose family gets the grandchildren. Who gives up a career, a language, a network, a sense of being competent in daily life. These are not communication problems. They are questions of fairness and power, and I treat them as such. We name who has adapted more, who carries the invisible weight, and what each of you would need for the decision to feel chosen rather than imposed.

A note on reunions. Many long-distance couples are fine apart and fall apart within forty-eight hours of being together. Different rhythms, different expectations of what the visit is for, one person exhausted from travel and the other exhausted from waiting. We plan for the reunion in the same way we plan for the argument. It is a skill, and it is learnable.

When two countries live in one relationship.

A Polish woman married to a Nigerian man, living in Amsterdam, arguing in English, which is neither of their first languages. A British man in Singapore whose wife's mother has moved in. A couple who met abroad, felt free there, and came home to discover how much family was waiting for them.

Cross-cultural couples are often told they have a communication problem. Frequently the problem is older and larger. Each of you learned what love, respect, anger, money, privacy and duty look like in a different house, and each of you assumes the other one knows the rules. Nobody wrote the rules down. Now a raised voice is normal to one of you and frightening to the other. A gift to your mother is care in one family and betrayal in the other.

What I pay attention to

- Which language the argument happens in, and who is fluent in it.
- In-laws, faith, food, money and how children should be raised.
- The partner who moved, and what they gave up: career, language, friends, competence in ordinary life.
- Whose culture quietly became the default, and who keeps adapting.
- Racism, visa status and the stress neither of you chose but both carry.
- What each family expects, and what happens to the couple when those expectations collide.

How I hold it

I do not assume one universal picture of a healthy relationship and measure you both against it. Directness is safe in one culture and aggressive in another. Silence is respect in one family and abandonment in another. I ask before I interpret.

I have lived between countries myself. I know how tiring it is to explain your own normal, and how lonely it gets when your partner's family is loud and yours is a phone call away.

Where one culture, one family or one partner has more power in the relationship, I name it. Fairness comes before technique.

If you are an expat on your own

Many of my individual clients live abroad. Competent at work, fluent enough to get by, and nobody's first call in an emergency. Relationship anxiety, a breakup, or a betrayal lands harder when your support is in a different time zone. Therapy in your own language, with someone who understands the life, is often the first steady thing in the week. Sessions fit around your local time.

The relationship ended. The parenting did not.

Separation ends a marriage. It does not end the hundred small negotiations of raising a child: who does Thursday, who holds the passport, why bedtime is eight o'clock in one house and whenever in the other.

Most separated parents want to do this well. Many find they cannot talk for four minutes without the old fight climbing back into the room. The child, meanwhile, learns to read two sets of weather and to say less in both houses.

What this work is

Structured, mediated conversations between two parents, held by a therapist who knows how the old pattern operates and how to stop it running the meeting.

We build a working relationship with one job: raising your children with as little damage from the adults as possible. This means agreements you both keep, a way of communicating which does not reopen the marriage, and a plan for the moments which reliably go wrong.

What we work on

- Handovers, schedules and the messages around them.
- Holidays, birthdays, grandparents, faith and money.
- Different rules in two homes, and what children need from each.
- New partners, and when and how they are introduced.
- What to do when one of you is triggered mid-conversation.

What this work is not

It is not couples therapy and it is not an attempt to reconcile you. If reconciliation is on the table for either of you, say so in the first conversation, because it changes the work entirely.

It is not legal family mediation. I do not produce court reports, draft parenting orders or advise on your legal position. Where proceedings are live, this work sits alongside your solicitors and does not replace them.

It is not a place to relitigate the marriage. You will each have things which remain unresolved. Some belong in individual therapy. Here, the child's experience stays in the centre of the table, and we return to it every time the conversation drifts.

How sessions run

Joint sessions of 70 minutes, online, each parent from their own location. One individual session with each of you first, booked before any joint meeting. Clear ground rules in the opening session. Written summaries of agreements where useful.

When this is not the right room

Where there is current violence, coercive control, intimidation, ongoing fear of the other parent, or an active safeguarding concern, joint sessions are not appropriate and I will say so.

Individual support and specialist or legal routes come first. Your safety, and your children's, sits above every other aim of the work.

How we begin.

Good work needs enough structure to feel safe and enough room for each person to be understood. The first stage builds a fair map before we rush toward solutions.

If you come as a couple or as co-parents

- 1 Free consultation, both of you**
15 to 20 minutes through Carepatron. What brings you here, and whether beginning together feels right.
- 2 Set-up**
Consent forms, practical details, payment and secure access.
- 3 One individual session each, booked first**
Where we use the Gottman assessment format, each of you has a 50-minute session alone with me before couples therapy begins. Your history, your wellbeing, what you protect, and anything which needs careful handling. Both take place before step 4.
- 4 First joint session: the map**
I bring back what I have seen. Strengths, vulnerabilities, the cycle you are caught in, and where we focus first.
- 5 Ongoing couples sessions**
70 minutes, together. Structured conversations, repair practice and between-session reflection. We review as we go.

If you come alone

- 1 Free consultation**
15 to 20 minutes. You describe what has been difficult. I tell you honestly whether I think I am the right person.
- 2 Set-up**
The same clear container: forms, consent, payment, a secure link.
- 3 First session**
Your story, in your words, at your pace. We agree what we are working toward, even loosely.
- 4 Weekly sessions**
50 minutes. Each one ends with something small to practise before the next. Nothing is homework for its own sake.
- 5 Review at six**
What has shifted, what keeps repeating, what we focus on next. You are allowed to change your mind about the work, and about me.

Why the individual sessions come before couples therapy

Each of you gets to speak without managing the other person's reaction. I hear two histories, not one argument. I check for anything which would make joint work unsafe. And when we sit down together, nobody is meeting me for the first time while their partner watches. Before those sessions I explain confidentiality and my no-secrets policy: what you tell me alone stays between us, unless it is something the couples work cannot go on without. If so, I say so to you first, and we decide together how it comes into the room.

A clear container around the work.

Carepatron is the platform I use to keep the practical side of therapy organised: booking, forms, payment, session links, questionnaires, resources and secure messages. One place. Nothing to chase.

Booking and forms

Consultations, consent and contact details are kept together, so you are not hunting through emails.

Video sessions

Secure, browser-based, no software to install. Each person joins from their own device and location. This is how couples in different countries meet me at the same time.

Questionnaires

Where useful, short assessment questions help us see strengths, vulnerabilities and patterns more clearly.

Written counselling

For people who find words easier on a page. You write in your own time. I send one personal written reply each week through Carepatron on an agreed day. It is not live therapy.

Separate profiles

In couples and co-parenting work, each person has their own profile for admin and privacy. The joint work itself stays transparent.

Time zones

I work from the UK. I book sessions in your local time and confirm the UK equivalent, so clock changes in either country do not catch us out.

Resources

Worksheets, reflections and practice tasks, shared between sessions when they fit.

Fees and payment

Individual therapy £70 for 50 minutes. Couples therapy £100 per couple for 70 minutes. Written counselling £50 a week. Invoiced through Carepatron. International clients pay by card. Current fees are always at kitatabachkatherapy.com/fees-process.

The spirit of the container

Couples and co-parenting work needs clarity to survive. I do not hold hidden therapy with one person against the other. I hold each of you with respect, and we bring what matters back into the joint room safely and without ambush. If something said to me privately needs to be heard by the other person, I will tell you so and we decide together how.

Carepatron is not an emergency channel. Written counselling is not crisis support. If you are in immediate danger, contact local emergency services or urgent mental health support in your country.

Sincerity matters more than perfect insight.

The work is not to speak like a therapist. It is to behave with more care when it counts. Insight only becomes meaningful when it turns into behaviour under pressure, at 10.43 on a Tuesday night, when the tone lands wrong and both of you want the old move.

- Be willing to look at your own part without turning shame into punishment, of yourself or anyone else.
- Speak honestly, but not cruelly. Truth still needs care.
- Do not use therapy language as a weapon. Name your own protection before naming anyone else's pattern.
- Pause when voices rise, bodies flood, or either person has stopped being able to listen.
- Attend from a private space. Nobody speaks honestly with a child or a colleague within earshot.
- Bring safety concerns directly. Safety is not a side issue. It is the ground the work stands on.
- Tell me when something I say lands wrong. I would rather repair with you than be right at you.

When joint work is not the first step

Couples or co-parenting therapy is not the right starting point where there is current violence, coercive control, ongoing fear, stalking, active addiction which makes sessions unsafe, severe untreated crisis, or pressure on one person to forgive, stay or perform readiness.

In those situations, individual or specialist support needs to come first. This is not a judgement about you. It is a judgement about what the room needs in order to be safe enough for honesty.

When individual therapy is not enough on its own

If you are in crisis, at risk of harming yourself, or living with symptoms which need medical attention, therapy sits alongside other care and does not replace it. I will always tell you when I think you need more than I offer, and help you find it.

This is not an emergency service. If you are in immediate danger or crisis, contact local emergency services or urgent mental health support in your country. In the UK, call 999 or contact Samaritans on 116 123.



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Begin with one conversation

You do not need a perfect explanation before reaching out. A simple outline of what has been difficult lately is enough. From there, we work out together whether individual therapy, couples therapy, co-parenting work or another kind of support is the right place to start.

READ MORE BEFORE YOU BOOK, ALL AT [KITATABACHKATHERAPY.COM](https://kitatabachkatherapy.com)

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This guide lives at kitatabachkatherapy.com/welcoming-guide. Send it to your partner before the consultation, so you both arrive knowing how the work runs.



Scan to book your free consultation

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The first step is a free 15 to 20 minute consultation. Book it at kitatabachkatherapy.com/book-consultation and choose "Initial consultation".

This guide is for information and orientation only. It does not replace therapy, medical care, legal advice or emergency support.