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**FACT SHEET**

[**My Love Your Love (MLYL)**](https://www.myloveyourlove.com/)is a relationship therapy app structured around 5 key modules. Helen and Shahn chose to focus on these areas as they believe they are essential for making a relationship not only work but grow and thrive, and are based on research and their clinical experience working with couples. Each module has different exercises and games for partners to participate in. The M yLove Your Love relationship therapy app tracks partners’ progress so they can always see their relationship satisfaction status.

**The 5 key modules:**

* Feeling the story - partners will be learning a crucial skill that will form a solid base for all communication between them in their relationship. Feeling the Story is the first step to increasing emotional intelligence and connection with others more generally.
* Conflict compass – allows partners to understand and address conflict. MLYL will work with partners to show the impact conflict has on their relationship and help them to undo their conflict patterns and learn more effective communication and repair strategies.
* Deep connections - focused on exploring and building deep emotional connections between partners. Here partners will be diving into some creative exercises to get them to intimately understand one another, as well as working on shared values, goals and ultimately being able to sit with fundamental differences between them.
* Baggage Claim - partners will explore what vulnerabilities, hurts and stories that each of them bring to the relationship. Here they go deep to unlock subconscious processing to bring each other closer together and work to eliminate unhelpful patterns in their relationship
* Sex and desire - takes the awkwardness and shame out of sex in relationships. This module emphasises the importance of mutual consent and pleasure and provides users with a number of activities and games to understand each other's sexual interests, increase their capacity to move into the sexual moment and ultimately to fan the flames of desire.

**Meet the founders:**

Helen and Shahn are both Clinical Psychologists and Couples Therapists who have been married since 2017. They are both directors at Drummoyne Psychology and have over 28 years of professional practice experience between them. Both have become known for their expertise in relationships. Through their own blended family, and their wealth of experience they created My Love Your Love to make therapy more accessible and better equip couples to navigate their relationships.

* [Shahn Baker Sorekli](https://www.drummoynepsychology.com.au/shahn-baker-sorekli) has over 18 years experience in the treatment of mental health disorders in a variety of settings and is a fully registered and endorsed Clinical Psychologist with the Psychology Board of Australia. He is also a member of the Australian Psychology Society and fellow of the Clinical College.
* [Helen Robertson](https://www.drummoynepsychology.com.au/helen) has over 10 years experience working in mental health across a variety of settings. Helen is a fully registered and endorsed Clinical Psychologist with the Psychology Board of Australia. She also has Advanced Certification in Schema Therapy and a member of the International Society of Schema Therapy (ISST).

**Why My Love Your Love was created:**

The My Love Your Love concept was born out of the idea that relationships are in constant flux and thus need regular intentional attention and energy. Love between two people is not something that flows without effort but rather is a daily choice.

Helen and Shahn know through their own marriage, that all good relationships are not without tension or conflict. During the course of their relationship they have navigated many adjustments such as moving from a couple dating to a blended family, navigating parenting, and working together to build their psychology practice.

Through their marriage and over 28 years of combined professional practice experience they created My Love Your Love. Using their wealth of experience based on their clinical practice and numerous evidence-based psychological theories of practice for individual and couples therapy.

MLYL’s mission is to help couples thrive. Through MLYL, Helen and Shahn want to help partners connect, build empathy, develop a deeper understanding of each other, reduce conflict, learn healthy strategies to resolve difficult issues, and keep desire alive.

**How to download the app:**

1. Both partners download the app
2. One partner registers both partner’s details. This partner will create their own password and verify the email
3. The other partner will then be sent an email to verify the connection and be given a password to use to log in to the app
4. Both partners’ apps are synced, both can now log into the app and are ready to go

**Pricing**:

Helen and Shahn understand access to psychologists can be hard and want to make sure the app is accessible to most couples by keeping the price down. MLYL is much cheaper than traditional therapy and individuals can access it from the comfort of their own home.

Each new couple gets a 7-day free trial, then will be charged at $8.99/month per partner or $89.99/yearly per partner.

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| ***Website and social media*** | * *Website* – <https://www.myloveyourlove.com/>
* *Instagram* - @[myloveyourloveapp](https://www.instagram.com/myloveyourloveapp/)
* *Facebook:* [*My Love You Love*](https://www.facebook.com/myloveyourloveapp)
* *YouTube:* [*Clinical Psychology Innovations*](https://www.youtube.com/channel/UCI_rtMti_mdEdteOdKKB7MQ)
* *App*: [*App Store*](https://apps.apple.com/us/app/my-love-your-love/id1556788164) *or* [*Google Play*](https://play.google.com/store/apps/details?id=com.myloveyourlove2)
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| ***Images*** | For hi-res images of headshots of Helen and Shahn, please [**CLICK HERE**](https://drive.google.com/drive/folders/1KWpAc2PtvhYLB1fqff5_tIDhsN3N-9Xk?usp=sharing). |
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| For further information on the details above, please reach out to:The Atticism *Jordan@theatticism.com* |