

Metropolitan Marriage & Family Therapy, PLLC

Succeed at Your Relationship and Your Life!

280 Madison Avenue ~ Suite 208 ~ New York, NY 10016

Phone: 888-880-9055 or 212-537-9055 ~ Email: emma@metrorelationship.com ~ Online: www.metrorelationship.com

ABOUT OUR FOUNDER AND PRACTICE

Mission, Approach and Biography



Emma K. Viglucci, CFT, LMFT, CIT
Marriage and Family Therapist
Clinical Director & Supervisor
Relationship Expert
Writer and Speaker
Founder and President

At Metropolitan Marriage & Family Therapy (MMFT), founded by Emma K. Viglucci, CFT, LMFT, CIT, we specialize in working with Couples assisting them succeed at their relationship. We provide services to high functioning clients from a positive and strength focused approach. Metropolitan MFT caters to individuals wishing to enhance their life and relationships without the stigma associated with "going for therapy."

We operate from the belief that people have the ability to change and that they can achieve their fullest potential given the right conditions. We further believe that people can create the right condition for themselves and their relationships!

Metropolitan MFT is a Home to Our Clients

We work with highly committed, motivated and success oriented Couples in a very interactive, hands-on, supportive, empathic, and resourceful environment in our NYC offices. We take our relationship with our clients very seriously. We create a safe haven, a home, a family for our clients.

There is Synergy in Our Partnership

We specialize in providing **Couple Counseling**, and other services and resources for Couples, as this is in alignment with Ms. Viglucci's passion, curiosity and interest in the welfare of Couples. She believes we heal, grow, and create in our partnership... She believes there is synergy in our relationship that has not been tapped, and when this is minded and nurtured it allows the couple to transcend ordinary relating promoting mindfulness, satisfaction, peace, elation and great achievement - including procreating healthy, happy and productive offspring as members of our society.

As we usually also parent in this relationship, Couples are the building block of families which in turn are the pillars of our society. There is much riding on a healthy, happy, satisfying, productive and synergetic relationship!

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Our Significant Other is Our Life Partner!

The Couple is considered very significant and instrumental in our life. Our significant other is our "Life Partner." A title that shouldn't be taken lightly! It is believed that in partnership we can conquer the world. As a team we can do anything we want. This is a unique and ripe partnership where the universe is the limit! This is Mother Nature's way of saying, "I know life can be difficult... you don't have to do it alone - especially if you are ambitious!"

Our Clients Learn...

Ms. Viglucci's vision is to see all Couples have a conscious and synergetic partnership where the partners are on the same page and working towards a common goal. Our services and resources guide our clients in achieving this vision. Our clients learn why and how they are stuck, how to break that cycle and hurtful pattern of relating, tons of tips, skills and tools on personal and couple success, how to resolve issues, address symptoms, including managing their anger, develop healthy coping mechanisms, get needs met, and manage their life together well – they Get on the Same Page and Create a Satisfying and Successful relationship! This is what Ms. Viglucci has termed the "MetroRelationship™."

Our Services and Resources Propel Our Clients in their MetroRelationship™ Journey!

The philosophy's focus on gaining relational understanding and safeguarding the couple's connection as opposed to focusing on behavioral contracts and the individuals' deficits has had a revolutionary impact in our clients' lives. Ms. Viglucci developed this Philosophy by drawing from works on human development, relationship enhancement, notions on success, and her own Theoretical Clinical Approach.

Her Theoretical Clinical Approach is integrative with its foundation in Systems and related schools of thought, is primarily focused on the Object Relations, Attachment and Solution Focused Theories, and borrows from a host of relational theories. Our Clinical Team is carefully selected and closely supervised by Ms. Viglucci to ensure high caliber delivery of services that are in line with our overall philosophy. Our team is dedicated to assisting couples succeed at their relationship!!

Our Founder...

Ms. Viglucci has a Bachelor of Science Degree in Psychology and Human Development, from the State University of New York at Stony Brook, and a Masters Degree in Marriage and Family Therapy, from Hofstra University, is a Clinical Member of AAMFT (American Association for Marriage and Family Therapy), and a Certified Family Therapist, a Licensed Marriage and Family Therapist, and Certified Imago Therapist. Ms. Viglucci has been in the mental health service field for over a decade in diverse capacities and has been a member of several professional organizations. She has written articles and chapters for MFT publications, the "In The Metropolis" ezine for personal success and the "**Successful Couples**" ezine for Couple Success, and created programs and products to assist Couples in their Journey.

Ms. Viglucci's latest focus has been the MetroRelationship™ Outreach Campaign – Bringing Insights and Tools on Relationship Success to Couples by **speaking** and presenting seminars and workshops at events, and by being interviewed by the **media**.