

A New You, LLC

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Since 2013, Nikki Delaney has been helping couples get back on track through her private practice, A New You, LLC. A seasoned therapist with over 15 years experience in the counseling and therapy field, Delaney pulls from a wide range of expertise across numerous disciplines and several different populations. When she founded A New You five years ago, however, Delaney knew that she could make a real difference by narrowing her focus. "I chose to become a specialist in marital, couples and relationship therapy because I felt that there was a real need for it in New Mexico. There is a startling lack of relationship trained therapists here, and I find that I am one of only a few in town who specializes primarily in couples therapy. Currently, it is the only population that I work with", says Delaney, who is, among her many accreditations, Certified as a Relationship Specialist (CRS.)

With a focus that sees her working with every type of relationship – including dating, engaged, married, same-sex and seasoned couples – Delaney makes a point of tailoring each couple's program of therapy specifically to them and their circumstances. "I teach my clients how to communicate, how to listen, how to express their needs and feelings and how to be a loving, attentive, validating partner," says Delaney, and her solution-focused, homework-driven approach is designed to help couples locate problems and overcome them together – and come out the other side with a better understanding of how to have a fulfilling, healthy relationship.

"Relationships are not easy, but they are absolutely worth the work," says Delaney. "When potential clients reach out to me, they often tell me that they chose me because of my glowing reviews online and elsewhere, I tell them that my success is in my client's hands... Providing hope to my couples that I can teach them the tools they need to design and create the relationship that they long to have with their partner is what I feel fosters that success."



The Relationship Architect