

**SEVEN YEAR**  
**SWiTCH**

**Premieres March 15**

**Tuesday 9.00pm**



# IS THE GRASS GREENER? FOUR COUPLES IN STRIFE WILL PUT THEIR RELATIONSHIPS TO THE TEST AS THEY PARTICIPATE IN AN EXPERIMENTAL MARRIAGE WITH A TOTAL STRANGER.

In Channel Seven's new documentary series, Seven Year Switch, four couples on the brink of separation will embark on a daring new social experiment where they'll put their relationship on the line in order to save it.

The brave couples at a crossroads in their relationship will get the chance to live with a like-minded new partner in an experimental marriage, to help them decide if they would be better off with someone more like them. Then they continue to support them offering tools and strategies that will help them unpack their issues.

This innovative experiment, called "Switch Therapy", is radical, totally unpredictable and life-changing.

The series begins with the four couples embarking on an emotionally difficult journey to help repair their fragile relationships. Viewers learn each of their love stories - how they met, how they fell in love, how their relationships took a turn for the worst and why they are willing to risk everything to mend it.

Two relationship experts, Jo Lamble and Peter Charleston, will help guide the couples through the therapy process as they adjust to living with an experimental partner.

Before the four couples embark on this brave journey, Jo and Peter will visit them at home to assess their relationship and living arrangements, then continue to support them as they adjust to living with an experimental partner.

Will their experimental spouses be able to fill the void they've been yearning for, or will they discover that the grass isn't always greener?

At the end of the experiment, each of the couples will reunite and make the decision: to either part ways, or reaffirm their commitment for life.



# Tim & Jackie

'The Larrikin'

'The Workaholic'

## CAN TIM AND JACKIE FIND A WAY TO BALANCE WORK AND THEIR RELATIONSHIP?

Tim (28) and Jackie (31) met while working at the same gym. Their relationship started with fireworks as they secretly started seeing each other.

Three and a half years on, Jackie admits she wishes Tim was more loving. "He doesn't like public affection, he's not very romantic." Tim admits, "I do feel like holding hands is pointless."

Tim's 'treat 'em mean, keep 'em keen' attitude is wearing thin. "It would be nice if Tim made a bit more effort; take me on a date, buy me a gift," says Jackie.

Tim and Jackie's work/life balance is also causing problems with the couple now living and working together. "The other biggest problem in our relationship would be the business," admits Jackie. "There's no separation."

Tim and Jackie started a fitness training business, but Tim now has very little to do with the business while Jackie has turned into a workaholic trying to get it off the ground. "The business has affected our romantic relationship," says Jackie.

Tim and Jackie know they need to start making time for their relationship or they are heading for disaster. "We can't keep going on like this," admits Tim.

The couple are not on the same page and both miss what they once had. Can this social experiment bring back the fireworks! "I'm feeling excited about this experiment and living with an experimental partner," says Jackie. But she has made some rules! "No nudity and no sleeping in the same bed... and a spa is a deal breaker for me!"

As this couple prepares to say goodbye, Jackie's real concern lies with Tim's affection. "What would make me jealous is if he was really caring and affectionate. I'd be annoyed that he did it with them and not me."



# Brad & Tallena

'The Impulsive'

'The Compromiser'

## WILL THEY GET MARRIED?

Brad (28) and Tallena (28) met online two years ago and fell madly in love. However, things have gone downhill since getting engaged 12 months ago and the couple were forced to put the wedding on hold. Tallena says it was a combination of a few things, "time, stress, money."

Brad and Tallena haven't been intimate for eleven months. "The current state of our relationship in my eyes is it's rocky," says Brad. "It's more of a friendship at the moment," confirms Tallena.

While saving for their wedding, Brad bought a \$3,000 TV and put a deposit on a luxury car. "It just sucks that you can justify cutting back our wedding but you can go and buy a brand new TV... most of my money goes into things that we can do together."

Communication between them has definitely broken down. "In order of Brad's priorities, his golf is number one, his car is number two and Squishy is number three, and that's our bird. I feel fourth to a bird." But Brad feels like he's put Tallena first since day one and it's time Tallena started thinking about him.

With their new wedding date in sight the race is on to fix the relationship. "I can't think about the wedding getting cancelled again," says Tallena. "At least by doing this experiment I can say I did whatever I could to make it work."

Brad says he made a commitment with the ring and, although they are unhappy, he will keep it. "The most precious moment I had was putting a ring on her finger... that shows dedication and commitment, no matter how hard things get."

Tallena says this is their last chance to fix the relationship before the wedding. Brad agrees, "If this experiment doesn't work it will just crush both of us."

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# Ryan & Cassie

'The Man Child'

'The Realist'

## WILL RYAN MAN UP?

Ryan (33) and Cassie (33) dated briefly in high school, before rekindling that love 10 years later. They are now married with an 11 month old daughter and Cassie has a nine year old daughter from a previous relationship.

Stay-at-home mum, Cassie, says Ryan needs to man up! "I'm his wife, not his mother." Cassie wants stability and doesn't think Ryan has really grasped the concept of being an adult.

Ryan and Cassie have been through a lot together, including losing their baby son at 37 weeks gestation. "A lot of things fell apart from there."

Cassie wanted Ryan to work a nine-to-five job, allowing him time to concentrate on the relationship, but he chose to start his own electrical business instead.

Work now takes up a lot of Ryan's time which puts stress on the relationship. Cassie believes if Ryan had listened to her about the business back then they wouldn't be in the position they are today.

Two months ago Cassie told Ryan she wanted out. "I'm hoping that the last few months has been real enough for him to realise that's where I'm headed, you know, for the door, if our relationship doesn't get back on track, pronto!"

Since then Ryan has been trying to work on the relationship. "This experiment is almost like a last chance for us... Hopefully absence does make the heart grow fonder," says Ryan. "I just want my wife to fall in love with me again."

At the end of the experiment Ryan and Cassie will decide if they can continue. "I can't live unhappy," says Cassie. "If that means that we're going to have to separate then that's what's going to have to happen."



# Jason & Michelle

'The Over Thinker'

'The Free Spirit'

## WILL THEY REKINDLE THEIR ATTRACTION TO EACH OTHER?

Jason (29) and Michelle (31) are dedicated parents who have no time for themselves. The engaged couple live under the same roof, but lead separate lives. Michelle is a stay-at-home mum and Jason works two jobs to provide for the family and save to buy a house.

"I don't just work because I love it," says Jason. "Making ends meet is difficult." Money causes huge issues in the relationship because Jason runs to a strict budget and Michelle feels like one of his employees. She has to ask for every cent she spends.

Jason part owns a motorbike business and works as a graphic designer. After coming home from the business he will often work after dinner until 2am most weekdays. This makes it hard for him to find a healthy work/family balance and Michelle is left feeling like a single mum. "I feel alone."

It's important to Michelle to be a good mum, but Jason thinks she has lost herself along the way. "I think Michelle is trying so hard to be a fantastic mother that she's forgetting how to be fun and be Michelle." Michelle agrees, "I used to be fun, the life of the party. I've lost every sense of who I am."

Jason believes they can be happy again if they can get back to where they were, but Michelle says, "I'm never going to be that person again... I am changed. I am different."

With no intimacy or affection left in their relationship, the couple are at breaking point. "There's heaps at stake because if things don't change I don't think we'll make it," says Jason.

And it's not just love on the line. They are a family in trouble. The idea of seeing his kids every second weekend isn't an option for Jason. "Just picturing our family as no longer a family... we need this experiment to work."

Both Jason and Michelle would prefer to be happy single than unhappy together. "It's a very real possibility that Jason and I could separate and the kids will grow up in two households instead of one," says Michelle.

# Jo Lamble

Therapist

**Seven Year Switch relationship experts, Jo Lamble and Peter Charleston, will help guide the couples through the therapy process.**

Jo Lamble is a Clinical Psychologist who has been practicing for over 25 years. She works in a private practice treating couples and individuals with a wide range of problems, from relationships to motherhood and a whole gamut of psychological problems.

An author of several books, Jo's latest book is titled: Detox your Relationship. She has also written Answers to Everyday Questions about Relationships and together with Sue Morris Jo has published four self-help books: Motherhood: Making it work for you; Side by Side: How to think differently about your relationship; Online and Personal; The reality of Internet relationships; and The Partner Test: How well are the two of you suited?

Jo has had regular appearances on a number of Channel Seven programs including Sunrise, Weekend Sunrise and The Morning Show. Jo also gives corporate seminars and speeches on relationships, family and parenting issues. She is regularly heard being interviewed on radio across the country each week.

Happily married for 25 years, Jo is a mother of two.

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# Peter Charleston

Therapist

**Seven Year Switch relationship experts, Jo Lamble and Peter Charleston, will help guide the couples through the therapy process.**

At age 15 during a compulsory visit to his school careers counsellor Peter was told his personality was suited to being a Psychologist.

“She said I had compassion for others, by way I took care of the weaker kids in the classroom and on the playground. At the time I laughed and dismissed the advice, yet it planted a seed that has been growing ever since.”

Peter has now been a counselling and coaching psychologist and business coach for over twenty years. His integrated approach covers a wide range of presenting issues, including: anxiety and depression, Relationships, addictions, family issues, work and money stress, and work-life balance.

“I do what I do to make a positive difference to people’s lives. I have created a theory of emotional needs that helps people heal and connect, and have developed a map of human psychology that I use to help people improve their awareness of themselves.”

Peter’s qualifications include a Bachelor of Arts, University of Melbourne, a Graduate Diploma of Counselling Psychology (RMIT); a Graduate Diploma of Business Administration (Swinburne University); a Graduate Diploma in Trauma Counselling and Psychotherapy (Cairnmillar Institute) and a Diploma in Couple and Relationship Psychotherapy (Cairnmillar Institute).

Psychology is Peter’s passion. “I am fascinated by the mind, human behaviour, how we gain mastery and expertise, how we make decisions, and how we create our lifestyles.”

In Peter’s work he endeavours to display integrity, compassion, professionalism, and acceptance of differences, whilst striving to achieve practical results. “In this complex field there is always more to learn and put into practice in helping others, and the journey is a very rewarding one.”



# SEVEN YEAR SWITCH

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