

## VH1 Heads Back to the Therapist Couch with a Fourth Season of "VH1 Couples Therapy"

**Couples Seeking Advice This Season Include Taylor Armstrong & John Blucher, Jon Gosselin & Liz Janetta, Ghostface Killah & Kelsey Nykole, Whitney Mixer & Sada Bettencourt, And Farrah Abraham  
Dr. Jenn Berman is Back as Therapist and Host for the Series**

LOS ANGELES, Nov. 12, 2013 /PRNewswire/ -- Relationships are hard enough, but imagine the pressure of having your hook ups, "bumps" on the relationship road and breakups as fodder for the tabloids. More and more, it seems couples whose matters of the heart play out in the public eye are calling it quits and throwing in the towel on their relationships. Why is it so tough for these couples to stay together? Looking to shed light on the issue, VH1 will examine the complicated and often misunderstood world of high-profile relationships with "[VH1 Couples Therapy](#)."

In season 4 of "**Couples Therapy**" we will get a look at four-and-a-half couples who are facing very complicated issues never before discussed on the show made even more complicated when half of one couple is a no-show. Taylor Armstrong (RHoBH) & John Blucher, Farrah Abraham (Teen Mom), Ghostface Killah (Rapper) & Kelsey Nykole, Whitney Mixer (The Real L Word) & Sada Bettencourt (The Real L Word) and Jon Gosselin (Jon & Kate + Eight) & Liz Janetta will all take a seat on [Dr. Jenn Berman's](#) couch. "**VH1 Couples Therapy**" is set to premiere January, 2014 with 8, one-hour episodes on [VH1](#).

From the producers of "[Celebrity Rehab with Dr. Drew](#)," "**VH1 Couples Therapy**" is the first reality show to examine firsthand the real life experiences of a group of buzzed-about couples. For some of these couples, living under constant scrutiny from the media and fans makes it increasingly hard for them to stay together and VH1 wants to see why they can't seem to go the distance. These four-and-a-half couples, at a crossroads in their relationships, will join together for over 2 weeks as they undergo intensive relationship therapy. Under the guidance of Dr. Jenn Berman, a nationally renowned relationship therapist, the couples will participate in group and individual therapy along with relationship exercises out in the "real world" to see if they can rekindle the love they used to have for one another -- or if it's simply time for them to move on.

Dr. Jenn Berman, a well-known marriage and family therapist, columnist, author, speaker, radio host will be the relationship therapist for the couples. Dr. Jenn is the host of the popular call-in advice program "The Love and Sex Show with Dr. Jenn" on Oprah Radio which is heard on Sirius XM nightly. She is the author of three bestselling books: [SuperBaby: 12 Ways to Give Your Child a Head Start in the First 3 Years](#), [The A to Z Guide to Raising Happy Confident Kids](#) and [Rockin' Babies](#). People come to see her in her private practice for a variety of reasons, such as: relationship issues, parenting, eating disorders, substance abuse, depression, anxiety, self-esteem, trauma, and sexual abuse. She also works with performers and entertainment professionals dealing with creativity and performance issues and does consulting with a number of related organizations including The Actors Fund and A Minor Consideration. Dr. Berman also recently created the "No More Diets" application, which is currently available on iPhone & iPad.

"**VH1 Couples Therapy**" is produced by Irwin Entertainment. Executive producing for Irwin Entertainment are John Irwin, Damian Sullivan, Rob Buchta and Sudi Khosropur. Susan Levison, Jill Holmes, and Laurel Stier serve as Executive Producers for VH1.

VH1 delivers the ultimate mash-up of music, pop culture and nostalgia for adults who still want to have fun. VH1 is available in 99 million households in the U.S. VH1 also has an array of digital channels and services including VH1 Classic, VH1 Soul, VH1 Mobile and [VH1.com](#) and @VH1, the hub for all things music and pop culture. VH1 is a unit of Viacom Inc. (NASDAQ: VIA, VIAB), one of the world's leading creators of programming and content across all media platforms. For more information, go to [www.vh1press.com](#), [VH1.com](#), or the [VH1 Facebook](#) page. Follow us on Twitter @VH1PR.

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