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Can You Find Marriage Help Online?

By Ted Belfour

Many people who need marriage help take their search for answers to their problems where they take their searches for everything else - online. But is it possible to find marriage help through an Internet search engine the way you search for Persian rugs, hip boots or camping equipment?

The answer is simple: sure!

Use your favorite search engine and type in the words "marriage help." You'll find a plethora of sites offering information, articles, and other resources. Using the Internet as an initial search for marriage help may bring some matters to your attention that you had not thought of previously. Maybe you are married to an alcoholic and did not know there were Al-anon and Al-ateen meetings in your area until you found them listed online.

While the Internet can be a good source of information, make sure you research your problem and verify the abilities and credentials of anyone who offers marriage advice. It's like any other business you might do online. You just need to be a smart, well informed consumer.

Be cautious of paying anyone who poses as an online counselor. Before spending any money on products or services "guaranteed" to help your marriage, do the necessary research into the company who is making the promises. For instance, if a person says he or she is a counselor in a particular state, make the extra step and investigate his or her qualifications and verify whether the counselor is currently licensed. If you are having marriage problems, the last thing you want is to take advice from someone not licensed to give you advice.

If you can identify specific problems you are having in your marriage, do a search for those online. You will find specific information related to your specific problem. The Internet is a great place to learn about assistance available to victims of domestic abuse, alcohol and drug abuse and many other situations that can be helpful as you search for marriage help.

Just remember to be a smart consumer. Read all you can about your particular issues and marriage problems. Knowledge is power and you must be strong to work through the relationship issues you are having with your spouse.

Can You Find Marriage Help Online?

Dave is the owner of

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and

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websites that provide

information on bodybuilding.

The Basics Of Marriage Counseling

By Stephen Kreutzer

Almost half of all marriages end in divorce. That is why there is an increase in couples seeking marriage counseling. Nobody wants to think that the marriage they are in will end. Marriage counseling offers a way for couples to work thorough problems with an outside influence. Marriage counseling can help couples to rebuild a marriage that was on the way to divorce.

Marriage counseling is a type of therapy that helps married couples resolve problems they may be having in their marriage. Most often counseling is conducted with both partners present. However, sometimes there will be individual sessions depending on the couples needs. The basis for marriage counseling is research that has shown problems in a marriage are best solved through communication and working together. Marriage counseling usually lasts a short period of time, until the problems are resolved and the marriage is back on track and the couple can handle problems on their own. In a session the counselor will ask questions, listen and analyze problems. The counseling usually starts with an analysis of the marriage and its problems. Then the problems are worked through to an amicable conclusion.

Marriage counselors are trained in psychotherapy. They also have an understanding about families, how to understand client's needs and problems. They also have training that allows them to help clients work through the problems to reach conclusions. All of this training lets them be able to identify underlying problems. A good marriage counselor will not make a client feel guilty or blame. They will teach clients to work through problems and get over bad feelings.

Marriage counseling can help couples open the lines of communication. Communication has been shown to be the key to a healthy and happy relationship. Couples with problems seek marriage counseling o get a better understanding of what has went wrong in their marriage, so they can once again have a string marriage.

Stephen Kreutzer is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides information on marriage counseling at CyberTopics!

<http://www.cybertopics.com>



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