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Marriage Counseling

By Steve Holloway

Currently, the western world has a divorce rate of close to 50%. Some countries have an even higher rate. So why are we seeing an increase in divorce and how can marriage counseling help save marriage - yours and other peoples?

I think it's fair to say that the easier you make something the more often it will occur. If it becomes more frequent it loses its taboo and therefore becomes far more acceptable in society's eyes.

My wife is from a divorced family. When she was a kid at school she was in the minority and it was a stigma. Now, my children are in the minority of those whose parents are still together. Of course, one of the major impacts of divorce is on the family. The impact on young children is often underestimated and we should recognize that even though one in two marriages may end - no matter how common, it doesn't reduce the impact on the family.

Marriage counseling is form of therapy and conflict resolution. It is normally carried out by trained psychotherapist (though not always). For it to work properly both parties need to attend, though separate sessions will most likely be helpful.

If you are considering seeing a marriage counselor then here a few points to consider and questions to ask to help save marriage.

1. Is a first assessment session free?
2. How many times a week are needed?
3. Do you need to pay after each session?
4. Is the marriage counselor qualified?
5. Is the marriage counselor recommended by someone you trust?
6. How long will each session be?
7. Are you able to contact the marriage Counselor outside of session times?
8. Will the sessions fit in with your work schedule?

I am all for marriage counseling to save marriage, however, very often people are being paid huge

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sums to point out the blindingly obvious. In fact a lot of issues are screaming out to be noticed and normally have been by friends and family.

Of course, having an independent ear can be very useful – but you can achieve a huge amount yourself. With the right techniques, you can actually conduct your own marriage counseling.

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<http://save---marriage.blogspot.com>

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

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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 to 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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