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**Marriage Counseling For Prevention**

**By Porche Reingold**

An unfortunate by-product of our insulated culture is that therapy, including counseling, is seen as a sign of weakness or that a relationship has turned sour. This does not have to be the case— in fact, many marriage relationships that are strong can benefit from the services a professional counselor can offer.

There are a few stages in marriages, and counseling can be extremely important in each of them. The first stage is the time before the couple actually gets married, after the decision to take the big step has been made. Good counseling at this time can help the couple to anticipate areas of conflict that may arise when the actual event takes place. Couples who have not previously lived together may not be fully prepared for what it means to have another person live in your life 24 hours a day, seven days a week. It is critical that these couples be prepared for the challenges that face them, from the dividing of the household and other workloads to issues that will come up when it comes to finances, sex, and free time. Couples that have lived together might also find some pre-marital counseling beneficial, as the actual process of marriage seems to alter the expectations of the relationship in many different ways. Above all, counseling before marriage can help a couple identify potential trouble spots within the relationship that may be exacerbated once the commitment has been made.

Counseling over the course of the marriage can also help to strengthen the relationship as well as identify potential areas of conflict before they boil over into larger fights. A counselor is trained to hear what the people speaking are saying, while partners in a marriage will inevitably filter out some of the other person's message, no matter how clearly they believe they are putting it forward. An attentive counselor can therefore be expected to have the ability to head trouble off at the pass.

Marriages will also experience considerable upheaval with the arrival of a new baby, and in fact the family dynamic can be expected to change with the arrival of each subsequent child. A counselor will again have the background to enable him to identify potential trouble spots and the education to offer problem solutions so that the couple does not find their relationship ambushed in a time of upheaval.

Regardless of your feelings on the strength of your relationship, good marriage counseling is a great option just to make sure that the lines of communication stay open. Even people who are hopelessly in

## Marriage Counseling For Prevention

love may not realize that their partner does not have the same impression of a situation that the individual is experiencing. A counselor will help to identify and clarify these areas, and offer solutions to keep them from arising in the future.

Remember that counseling is not a sign of weakness. It does not even mean that there are necessarily problems within your relationship; instead, it may just be another tool to keep your relationship at its very best.

Porche Reingold maintains a website dedicated to helping people get the most out of their relationships. Visit her site at:

<http://healthyloverelationships.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 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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