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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Online Counseling – A Good Idea**

**By David Snape**

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Online counseling may be the latest and greatest improvement in therapy. It seems to be perfect for this fast-paced world with many workers who sit by their computer screens all day long. Yet, it is not limited to today's information technology workers or those whose work requires being online frequently.

Imagine how convenient it will be to read a quick email from your therapist that can give you just the insight you were looking for to move beyond your failed relationship or that obsession with chocolate that was left in the wake of a bad break-up. This could be the very addiction that is causing you to buy larger sized clothes all of the sudden.

Think about the worried mother who doesn't quite know what to do about her child's out-of-character or unusual behavior. Or even worse, the distraught parent trying to cope with his teenager's drug or alcohol addiction. And of course there are other intense problems, such as teen pregnancy, death of a loved one or terminal illness in

the family.

These can be tough problems to tackle in an already stressed environment that is the world we live in. But when do you find the time to go to your therapy session? This is especially the case when your therapist is not available during the day, over weekends or at some other time when it is convenient to you?

Think about the time it takes to travel

back and forth for a therapy session even when you do manage to schedule one. There is the ever increasing cost of gasoline to contend with too, adding to the stress that might lead you to seek counseling in the first place!

Then there are some problems that you might not want to talk to someone face-to-face with, especially someone who lives in your home town. Wouldn't it be much easier to sign up for email counselling sessions with someone in a far away city? You could even open an anonymous email account with yahoo or some other email provider that doesn't necessarily need your real name, and use that to offer near total anonymity.

This seems like a good idea, it can provide you the kind of nurturing environment needed to really pour your heart out to the therapist and get a professional response via email. The therapist doesn't have to know anything about your identity and can still treat you professionally. And this could mean no embarrassing record that could be subpoenaed in a court of law.

A good online counseling plan might include unlimited emails for a certain

amount of time. Giving you the kind of access to a therapist that you might not get in a once-a-week appointment. Not without paying extra, that is.

Yes, there are a number of benefits to seeking online therapy. Anonymity, access, time and money savings. No one needs to know you are in therapy and they won't ever see you "go" to an appointment. Yet, while you are sitting at your computer, an email may pop up with just the timely advice or encouragement you were looking for, the kind of support that can be hard to come by in today's crazy, mixed up world.

This article is for information purposes only, it is not meant to diagnose, treat or prevent any illness. If you have or think you have a health issue, please contact your primary care physician for proper treatment and diagnoses.

Dave Snape is a health, fitness and wellness enthusiast. He maintains a website on that theme: <http://tobeinformed.com> Dave also practices Falun Dafa: [Falundafa.org](http://Falundafa.org)

## **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 through 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 couple's 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 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!



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