



# Marriage Counseling



Marriage counseling is somewhat different from individual counseling. Obviously, one difference is that the focus is upon the couple, rather than upon the individuals.

Another difference is the complexity of a marriage relationship. Not only are there two individuals, but there is the relationship itself. Couples develop their own unique ways of approaching life and of communicating with each other.

The two individuals are in an intimate relationship in which they must learn to communicate with each other; to share with each other; and to arrive at common goals; to agree on finances, child rearing, careers, and leisure; just to mention a few areas.

Another common issue in marriage counseling involves gender differences. Men and women often view situations quite differently, creating fertile soil for conflict.

Each spouse typically enters the marriage with different family of origin issues and different life experiences. This creates very different views on the part of each spouse.

Marriage counseling must take into account all of these issues, as well as other issues. It is important to note that there are no “quick fixes” to marital problems. It usually requires a number of sessions to address the issues which brought the couple to counseling. Since each couple’s situation is typically different, I will work with the couple to develop a plan of counseling to address their particular needs.

I look forward to the opportunity to be of assistance to you in this area.