

MARRIAGE COUNSELING OR COUPLES THERAPY

Marriage Counseling or Couples Therapy is known as a type of psychotherapy that assists couples with identifying and resolving conflicts that may be damaging the relationship. If you are couple struggling to keep your marriage on track, it is a good idea to consider seeking professional counseling.

It is common for both partners to attend the marriage counseling sessions. There are however occasions in which one person will choose to attend counseling alone. Strengthening each of the marriage partners with individual sessions can result in a very positive affect on the marriage. This follows the theory that if you can be more you and I can be more me, we can be a better us. Through this therapy, couples can gain a better understanding about how to communicate with each other. It also allows each partner to examine what role they play in the issues surrounding their problems. The sessions will also help encourage an environment that will help strengthen their bond.

The overall goal of **marriage counseling** is to help couples create a loving foundation for better communication, trust, understanding and respect for each other and for the relationship. Successful implementation of these tools can help ensure a healthy and loving relationship.