

# Considering Couple's Therapy?

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When's the last time you considered couple's therapy?

Gifted counselors can help you identify and process feelings, overcome differences, and improve communication, giving each person the chance to be heard.

But, couple's therapy isn't a magical, effortless solution. In the end, only you and your spouse can save your marriage; but a little help never hurts :)

## **Tips for finding the right marriage counselor for you**

1. Before committing to weeks of therapy, ask about their training and experience. Just because they offer counseling doesn't mean they're qualified.
2. Make sure they're biased towards SAVING marriages, and committed to helping you "fix" yours instead of advocating for divorce; avoid "divorce-happy" counselors.
3. Your counselor should make you feel comfortable, understood and respect your decisions; this doesn't mean they'll always agree with you
4. Let them know the outcome you and your spouse expect by therapy's end. If after three sessions they don't support that outcome, find another expert.
5. The best way to find a counselor is by word of mouth; ask other couples for referrals.

Marital counseling is a useful tool in saving your marriage; do your homework and find the best fit for you and your partner.

*Until next time, this is Mike Tucker and I want YOU to be mad about marriage!*