

IMPORTANCE OF MARRIAGE COUNSELLING IN MARITAL RELATIONSHIP

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Marriage Counseling

It is said that marriages are made in heaven and celebrated on earth. The popular belief is true to many extents, because it is a special bond shared between two souls, who tie the wedding knot after promising to be companions for a lifetime. It is the physical, mental and spiritual union of two souls. **But then as individuals they are different people which give rise to differences that's when marriage counseling** is needed when the couple faces cohabitation issues, cultural differences, and extra marital affairs, problems of forgiveness, parenting issues, sexual issues, and financial management.

Nowadays, the prevalence of couples that are going through marital problems is increasing in numbers. To a Christian community, separation and divorce are not the solution to marital problems. Every relationship undergoes rough patch. Almost every one of us experience problems that are brought by indifference, money or financial problems, jealousy, third party and other marital problems. Those people who would like to save their relationship undergo marriage counseling from a Utah marriage counselor or anywhere else they are in the world.

Marital problems are not only brought by problems such as financial instability and third-party relationships. It may even root from the use of drugs by one of the member of the family resulting to depression, anxiety and other mental disorder. If this will be the reason why there are problems in the family, the person involved must undergo treatments and counseling.

MARRIAGE COUNSELLING:

Marriage counselling is not a sign of weakness, but a sign of courage, strength and willingness to make some change. If you as couple opt for marriage counselling with a willingness to work on the relationship both within the sessions as well as outside them there will be a more improved likelihood that you will strengthen the relationship and the individuals within the marriage. Sometimes marriage Counselling involves the entire family, especially minor children who may ultimately suffer loss and grieving when their parents are going through a separation or divorce, though they have no say in the final outcome. Marriage Counselling is said to have died a politically administrative death in the late 1970s due to its auxiliary concern with professionals who had other pressing commitments. Since the 1970s, marriage Counselling was changed to couples or relationship Counselling to be inclusive of same-gender couples and couples who are unmarried or thinking of getting married.

Does Marriage Counselling Help Marriages?

Many people do not seek marriage Counselling until their marriage has such a bad history behind it of fighting and arguing they are not able to repair the damage that has been done. They refuse to seek out a marriage Counsellor until it is too late, believing Counselling will not work. Some people think of marriage Counselling as a sign of being weak. If not being able to handle one's own problems. But that is not what marriage Counselling is supposed to be about. It is meant to be a place

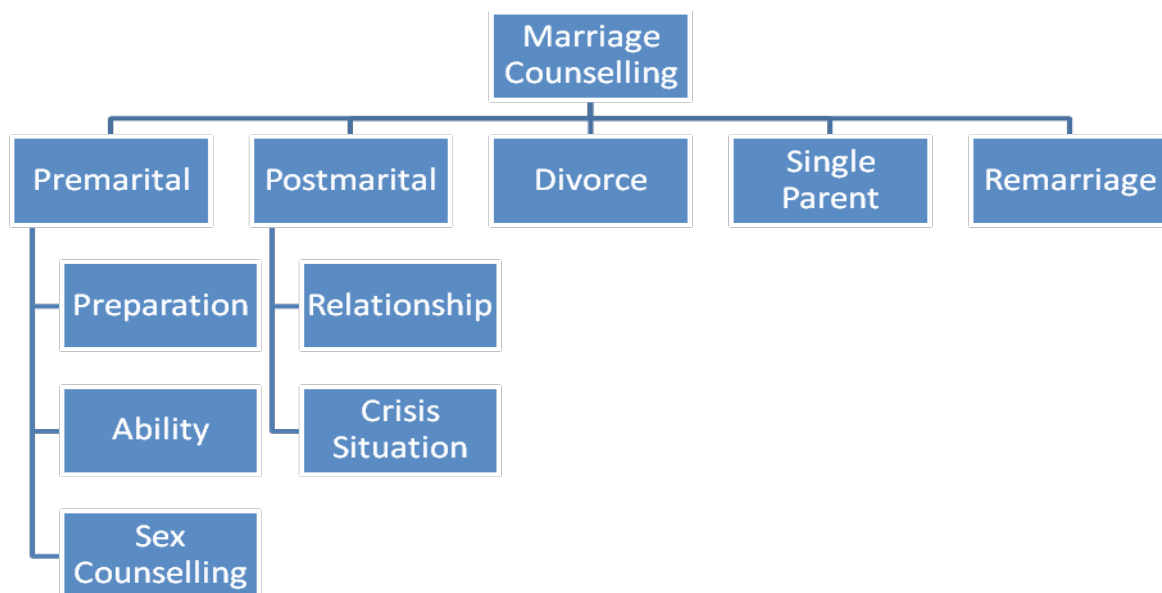
where a couple learns new tools to use in a relationship. Tools like better communication, increasing love, conflict management, learning to love unconditionally.

Most people do not study these things. It is more than likely when you enter into a relationship or a marriage you are going to behave the ways your parents did, or you are going to bring in some Hollywood Ideas that you viewed in movies or television and that will be your definition of marriage. There are psychologists that spend their whole lives studying what makes people happy in relationships. Their studies are good unbiased research. If you did not know where to find this information than you would most likely not be using it in your relationship or marriage. It is not the type of information that you will find in your local book store amongst all the self-proclaimed experts. It is most likely a good marriage Counsellor is keeping up with this information. Seek out the proper people for the proper information. You would not go to a baker to fix your teeth, don't go to a movie star to fix your marriage. Go to someone that is a specialist, someone that knows a great deal about marriages and relationships. Most of all do not feel ashamed because you cannot fix it on your own. You can't know everything about everything.

AREAS OF MARRIAGE COUNSELLING

How Marriage Counselling Works ?

Marriage Counselling brings the two parties in a marriage together to pinpoint their disagreements with one another. By discussing what problems each has with the other, they can solve their differences and work towards a better understanding. Each person looks at what is good and what is bad in the relationship. Many times one person doesn't know why the other is upset, so discussing these problems in front of a Counsellor provides an environment where each person feels validated and without the threat of a heated confrontation.



PRINCIPLES OF FAMILY COUNSELLING

Extrajudicial proceeding

At the beginning, the Counselling process was known as an extrajudicial proceeding and was introduced as an alternative to the classical lawsuit. In the meantime, more and more Counsellings

are offered in court. They are conducted by a so called “judge-Counsellor” after the commencement of proceedings. The number of judges with this additional qualification is not very high, but it is increasing. This development leads to a change in the point of view of Counsellings. They are no longer seen as alternative to lawsuits, but are regarded as possible element of the litigation. There is no longer competition between the legal process and the Counselling process, but addition.

Voluntariness

It is the marriage partners’ decision whether to conduct a Counselling process or not, even if it is recommended by court. There is no constraint to take part in the Counselling. All parties, also the Counsellor, are having the right to end the Counselling process. So there is no obligation to bring the process to an agreement, exiting the process is possible at any time.

Neutrality

It is the Counsellor’s obligation to be a neutral facilitator. He arbitrates and serves the parties equally under the precondition that the he is absolutely neutral and impartial. He does not favorite one side and needs to treat both parties equally. It would be useful for the Counsellor not knowing the disputing parties, to prevent preferences, discrimination or personal influences on the decision. The confidence of both parties towards to Counsellor of great importance for a successful cooperation. If a party is not sure whether the Counsellor is neutral or not, it is best to continue the Counselling process with another Counsellor.

Lack of decision-making power

The above mentioned criteria of neutrality and impartiality are also concerning judges. So where is the difference to a Counsellor? The Counsellor’s essential characteristic is not having any decision-making power in a legal sense. He can support the parties finding a solution and guide them to the right way. At the end of the Counselling process, he can make a written agreement, to which the parties must uphold. He needs to fulfill the formalities given for such an agreement. To become legally valid, the agreement needs to be recorded by Family Court or notarially certified.

Confidentiality

To protect the parties, the Counselling process is confidential. When both parties are sure that their information is not made public and is protected against malpractice, they are able to solve the conflict more open. They can be sure that problems that were discussed stay within the Counselling group. If the Counselling fails, the principle of confidentiality is of high importance, because parties can be sure that, if it comes to a lawsuit, information revealed in the Counselling process cannot be used against them. This applies for the participating parties as well as for the Counsellor. Information given by the parties in one-to-one conversations with the Counsellor also come under the non-disclosure obligation. He is not allowed to reveal it to the other party, except he obtains the permission of the party. For further principles and guidelines see BAFM

ADVANTAGES OF FAMILY COUNSELLING IN COMPARISON TO LITIGATION

There is no categorization in wrong or false. No party will be inculpated to be wrong or to have made mistakes in the past. The conflicts are reviewed, but with a forward-looking view to find the best solution the two parties. An advantage of Counselling is, that the problems are not delegated, the parties try to solve the conflict themselves. This course might take longer, but after all the parties came as opponents to the Counselling process and not as friends. In most cases, the idea of solving the

problem wins after some time. Due to the voluntariness of the Counselling process, a high commitment of the two parties is to be estimated. A positive attitude is thereby part of the course because the parties can agree in peace. Both parties must agree to the arrangement and need to implement the changes in the future. Furthermore, the Counselling should encourage friendly contact between the parties after the Counselling process. Counselling shall be an impulse to advance the attitude in the future. So the involved can easily stick to the bargain.

The Counselling isn't a judicial action, but for all that the law will be included. Admittedly not with the application of laws but only with the use of them. That means that Counselling should be seen as law clarification. The purpose is to represent the three following points, without applying the law:

- Consultation about the legal position: The legal situation will be explained, and how a possible lawsuit would end.
- Decision-making: The legal options will be explained to the parties and they will be encouraged to represent their own interests.
- Form of contract: The parties are shown how the bilateral agreement is transferred into a contract, what legal consequences there are, and which formal requirements are essential.

An advantage of the family Counselling in comparison to a lawsuit is the command of openness. The disputing parties are obliged to reveal all necessary facts and information. If any documents are revealed after the end of the Counselling process, the agreement can be invalid. In some cases the statutory offense of fraud is given. Another advantage of family Counselling is the time. A lawsuit often takes several years, depending on the number of instances. The Counselling process takes only several months depending on the type of conflict and the commitment of the disputing parties. Another advantage results from the time saving.

MARRIAGE COUNSELLING AS A SOLUTION TO HUMAN PROBLEMS

Marriage Counselling aims at helping the clients understand and accept themselves "as they are", such that they are able to work towards realizing their potential. Often this requires modification of attitudes, outlook and behavior. The nature of the Counselling process depends on the setting or the situation. The Counsellor accepts his clients and has unconditional regard for their personality or self or self-worth. Naturally, Counselling involves the feelings of clients. It is often because the feelings run strong that the Counselling function becomes a highly delicate and specialized function. In addition to the concern for the feelings of the clients, Counselling has a cognitive dimension through which a behavioural change (conation) is sought to be achieved. The client is received without any reservations and he is helped to state his problems and explore the possible solutions. The Counsellor does not try to solve the client's problems or make choices that could reduce his emotional conflicts. Instead, through Counselling, the client is helped to discover for himself his strengths and weakness. The self-understanding that is sought to be reached is often through the use of objective psychological instruments. It is generally recognized that an individual has the ability to resolve one's own problems. What is supposed to prevent the individual from making suitable choices is a lack of proper or adequate self-understanding and understanding of the environment. The Counsellor aims at making the client act independently in a mature and responsible manner and with full understanding of the consequences. This is what is meant by personality development. A child or an adolescent is not able to act independently. He is not prepared to face the consequences of his actions. Hence,

he is considered immature. A mature person, on the other hand, is expected to function efficiently, make desirable adjustments when he has the necessary understanding of his capacities and liabilities as well as the environmental conditions – physical, social and cultural – in terms of which he has to act. Counselling aims at helping individuals and self-motivation. Such an individual suffers from the minimum of inhibitions, conflicts and anxieties. He is a ‘fully-functioning person’. The Counselling does not diagnose but and the best ways to resolve the problem.

There is hope for a dying marriage. But, the solution is not the commonly given one (six sessions of couple’s Counselling with a Marriage and Family Therapist). Instead, one person has to show the other one that change is necessary for the survival of the relationship.

At that point, both parties have to be willing to address the underlying issue that they are both responsible for problems in the relationship. Both parties have to be willing to change. Marital strife and dissatisfaction is NEVER the result of one spouse’s behavior alone.

If they are going to work things out, they need to realize that connection, not communication, is at the heart of saving the marriage, improve the communication skills and just end up a better fighter!

At its root, no marriage is perfect because no person is perfect. But marriage can be a good and satisfying institution for both spouses and for the children of the relationship. This requires work and love.

Through the marriage Counselling, counsellor help and assist the parties to solve the problems tries to teach the client to forgot the thoughts and to think positively, and universally. Counsellor protect and strengthens relationship between the spouse.