

How to Choose the Right Kind of Marriage Help for You

with Kimberly Holmes



MarriageHelper

Most Common Types of Marriage Help

- Counseling
- Pastoral Care
- Coaching
- Self-Help Books
- Workshops/Seminars
- Online Courses



Counseling

Best For: Getting over hurdles after deciding to reconcile, moving forward in co-parenting after divorce, individual care, overcoming addictions, getting over childhood hurts

Not Best For: Couples in deep crisis where one spouse wants out, any situation where one spouse is very hesitant to go to counseling

Why Counseling May Not Work: The very structure of counseling can lead the spouse who wants out of the marriage to feel defensive or attacked (one-on-one structure)

Counselors are trained in different ways and bring their own biases and beliefs into counseling sessions

Counselors are viewed as authorities, therefore if your spouse wants out and the counselor says anything that reinforces the idea of ending the marriage or separating, it will further reinforce that idea in your spouse (This happens VERY often).

If both spouses do not want to work on the marriage, then the counselor will have a difficult time in the counseling sessions.



Counseling

Different Types of Counselors

LMFT - Licensed Marriage and Family Therapists

These therapists have been trained in “systems” theory, meaning they view issues and situations in how they affect an entire family or relationship. Typically, these people work with multiple family members at once (parents and children, marriages, etc).

LPC - Licensed Professional Counselor

These counselors have been trained in more individualistic care, meaning they view issues and situations in how they affect a person on an individual basis.

MS in Psychology - Masters in Psychology or Counseling

These people hold Masters degrees, but have not been licensed by the state. Therefore, they are not held to the same standards as a therapist or counselor.



Counseling

If you choose to get counseling:

1. Figure out what you want from a counselor
2. Get personal recommendation or search for reviews online
 - a. We recommend Focus on the Family's Christian Counselor's Network:
<https://ccn.thedirectorywidget.com/>
3. Call or email the counselor and ask for a 10 minute interview where you ask the counselor questions about how he/she practices
4. Ask questions such as:
 - a. Explain your situation and ask, "what kind of experience have you had with this kind of situation in the past?" What was the success rate that you had with that couple staying together?
 - b. What is your view about marriage?
 - c. When would you recommend a couple divorcing?



Pastoral Care

Best For: Personal care, or if you and your spouse both have deep respect for the pastor providing care

Not Best For: A situation where the hesitant spouse does not know or respect the pastor (likely to be defensive)

What is Pastoral Care? Pastoral care is not regulated by the government. They typically do not have any licensure. They may have a degree in pastoral care, but it does not have a national level of accreditation that must be followed.

Things to Look for in Pastoral Care: *Personal Relationship is Always Best

1. Do you know others who have gone to this pastor?
2. What does the pastor believe about marriage?
3. Is the pastor willing to hold to a certain beliefs and values system that will help you and your marriage?



Coaching

Best For: Personal care, or if you and your spouse are moving towards reconciliation

Not Best For: Marriage problems or crisis situations

What is coaching? Coaching is not regulated by the government. There is no licensure. Anyone can certify themselves as a coach.

Marriage Helper Coaches are trained and certified by Marriage Helper - must meet our standards.

Things to Ask a Coach:

1. What type of situations do you deal with?
2. What do you believe about marriage?
3. How do you deal with my specific situation?
4. What has your success rate been?



Self-Help Books

Best For: Personal care, if you and your spouse are moving towards reconciliation

Not Best For: Marriage problems or crisis situations

Self Help books are very helpful FOR YOU. Trying to get your spouse to read one when your spouse wants out of the marriage could push your spouse further away.

What a Self Help book cannot do:

Save your marriage - Your marriage didn't break overnight, and it takes a lot of work to get it back on track. While books will help you learn many things that you need to do, you have to actually apply these in order to see change.

Make sure that the advice and guidance you receive is wise and sound.



Workshops/Seminars/Online Courses

Best For: It depends on the workshop or course. Some workshops require that an affair be over with and both spouses ready to work on the marriage before attending. Other workshops are for marriage enrichment. Some online material is done by people who have not been trained in working with marriages. Always do your research.

Not Best For: Again, depends on the workshop or online course. Understand what the workshop/seminar does and who it is for before committing to it. Get to know what the people teach before putting all your hope in it.

NOTE: Some workshops/courses that are aimed towards marriage enrichment may claim that even couples in crisis can attend. While it may help, understand that marriage enrichment seminars/courses typically deal with “feelings” and not core issues.

How to Find a Workshop/Seminar/Course:

1. Identify your end goal
2. Do research - LOTS of research
3. Pick the one that you feel most confident in



Marriage Helper 911 Workshop

Best For: Every marriage situation (engaged, newlywed, marriage enrichment, middle of crisis, recovering from crisis, and even divorced)

Not Best For: Situations where a person is being physically abused, where one spouse has a deep mental illness that has not been treated. While we work with these marriages, we do not address mental illnesses. We do address addictions, but we recommend people start attending an “AA” type group upon returning home.

How can the MH911 workshop work with so many different types of marriages? We teach people how to fall in love, stay in love, and rescue lost love. We talk about the core issues of why relationships fall apart, not just the symptoms that occur. We address real life issues in a real way - it is not “fluffy” or emotional.



Save My Marriage Online Course

Best For: the spouse wanting to save the marriage

Not Best For: Couples recovering from a crisis (it can be used for that, but it was not designed for that)

What does the SMM course address?

- How to identify the REAL issue in the marriage
- How to talk to a spouse who doesn't want to talk to you
- What to do, what not to do when interacting with your spouse
- Making a step by step plan to become the most attractive that you have ever been
- Support group with others who can guide you through your time
- How to know when to move on - and do it in a way that leaves the door open for reconciliation
- How to forgive no matter what happens
- Tools that have been taught to thousands of people over 20 years
- If anything works - this will



Don't Give Up

Even if your spouse says no to getting marriage help with you, know that you have done the best you can and it is not on your shoulders anymore.

You still have the choice to decide to continue working on YOU. No one can stop you from making yourself a better person.

That's the importance of something like the Save My Marriage course
(Plus 100% credit towards the MH911 workshop)

