
Definitive Guide: Couples and Marriage Counseling

This is the definitive guide to exploring and understanding couples counseling.

We made this guide to help couples answer questions about getting therapy and to find out if couples therapy will work for you.

We see this over and over again, the couple gets into a bad fight and either individually or together the couple realizes that they, themselves are unable to resolve the issues on their own. Seeking out professional couples counseling is considered by many who have gone through it a last resort but it doesn't have to be.

Psychological therapy in general is viewed as a mature responsible activity that usually has many long lasting positive effects that cross over into the personal lives of those people who are in the relationship. It makes sense that personal issues would arise that block the relationship from moving forward. Since a

relationship with someone else is the most common way to get real feedback from someone who knows you the best.



In this guide we will discuss couples therapy techniques, couples therapy exercises, marriage counseling tips, the difference between couples counseling online and in-person, if it's worth doing couples counseling, couples counseling movies and how to be prepared for couples counseling if you do decide to schedule an appointment.

Why Go to Couples Counseling?

- Most people expect their relationship to be their primary source intimacy, support, and companionship and a source of personal growth.
- Divorce and relationship problems are some of the most stressful conditions that we all face in life.
- People in troubled relationships are more likely to suffer from medical issues, psychological health concerns, and substance use problems.
- Couples counseling offers a safe environment to have difficult discussions, a place to learn skills that improve your relationship, and a non-biased person to provide accountability for addressing issues.



Most Common Issues Couples Complain About

Communication	Parenting Styles Differ	Money
Rooming	Intimacy, Sex Issues	Different Values
Affair, Betrayal	No Boundaries	Mental Health Issues
Staying for the Kids	In-laws, Step-family	Trust, Emo Safety
Unmet Needs	Substance Use	Conflict is Destructive

Couples Therapy Techniques

The Gottman Method

Created by husband and wife psychologists John Gottman and Julie Gottman, is built based on the findings from [40 years of scientific research](#) about patterns of behavior in successful and unsuccessful partnerships.

DR. JOHN GOTTMAN'S SKILLS FOR BUILDING TRUST

THE BASIS FOR BUILDING TRUST IS REALLY THE IDEA OF ATTUNEMENT.
THE ACRONYM "ATTUNE" STANDS FOR:

1. AWARENESS OF YOUR PARTNER'S EMOTION
2. TURNING TOWARD THE EMOTION
3. TOLERANCE OF TWO DIFFERENT VIEWPOINTS
4. TRYING TO UNDERSTAND YOUR PARTNER
5. NON-DEFENSIVE RESPONSES TO YOUR PARTNER
6. RESPONDING WITH EMPATHY

The Gottman Institute

Cognitive Behavioral Therapy (CBT)

Originally designed to treat issues for individuals, CBT can be used in couples therapy by consider how [your thoughts influence your behaviors](#). By identifying what each partner believes and their thoughts about their conflicts and finding common ground for these aspects within their relationship.

Emotional-Focused Therapy

Each partner shares specific, problematic events in the relationship, and then works to [identify, explore, and make sense of the underlying emotions](#) that are contributing to those situations. Accessing deeper emotions help identify insights about the relationship that lead to improvements.

Imago Therapy for Relationships

In this approach, we view relationship problems as a result of unmet childhood needs and unhealed wounds that later become sensitivities, conflicts, or pain points in adult relationships. By identifying these images from our childhood we can gain insights about our negative thoughts, feelings, and behaviors. Understanding our childhood experiences inform how they impact our behaviors towards your partner.

Couples Therapy Exercises

- Love Languages Quiz and Discussion
- Schedule Regular 1:1 Time
- Gottman Love Maps
- Hugging Until Relaxed
- Coming/Going Ritual for Traveling Partners
- Partner Yoga
- The 6 Second Kiss
- Eye Gazing
- His / Her Needs Matrix



Marriage Counseling Tips

Healthy Disagreement : Be prepared to hear their side.

Fight Fair : Don't make personal attacks.

Assume Good Intentions : If you're not sure, assume the good.

Take Breaks from Intense Therapy : Time is an ally for healing.

Commits : No talk about divorce.

Virtual Sessions Versus In-Person

Teletherapy allows us to work together and offers some surprising benefits. We can eliminate travel time, expenses, and increase regularity and timeliness. Also, you may find that sitting in your own space (instead of a therapist's office) is more comfortable and private. However, In-person counseling allows for a broader band of information to be shared between couples and the therapist. Body language, subtle facial changes, and other cues difficult to detect online can make in-person therapy more personal and possibly more effective.



Convenient Couples Counseling

Many times location is one of the most important things that a couple looks at before selecting a psychotherapist because it doesn't make sense to waste a bunch of time in the car traveling to your therapy appointment. We know that our most popular keyword is "Therapist Near Me" and "Couples Counselor Near Me". But, that's not the only thing that you should consider. These days online consultations are very popular and for most of our clients we see about a 50% split between in-person and online counseling appointments. For the record our physical location is in Lone Tree, CO which is near to Centennial, Littleton, Highlands Ranch, Englewood, and Castle Rock.

Surprises About Couples Therapy

- It's kinda fun.
- You'll learn skills that will help in all areas of your life.
- It's fine to take a break or even switch therapists.
- Be patient, it takes some time.
- Collect your thoughts and be ready to share.
- You and your partner can attend individually then switch.
- It's confidential, it's safe, taboo topics are ok.
- It's not the kiss of death for your relationship. It's a new beginning.
- Relationships are alive and need occasional maintenance. Therapy is not just for a crisis.



Is Couples Counseling Worth It?

Addressing issues in your relationship is an important step on the path to feeling better. Just contacting a therapist and scheduling a session puts you in an exclusive group of people. Most couples who need help never make the call. So, thank you.

The approaches to marriage counseling mentioned above, like Emotion-Focused Therapy, or EFT, and the Gottman Method, are quite effective. EFT, for example, has a 75% success rate. The [American Association of Marriage and Family Therapists](#) reports an overall success rate of 98%. The success of couples therapy and other factors contributes to a [decreasing divorce rate](#) in the United States. Couples counseling really can save and strengthen your marriage.

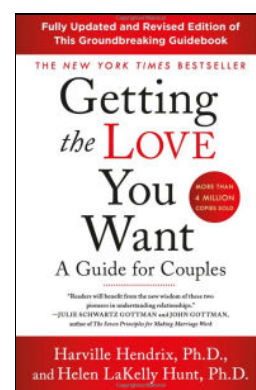
Couples Counseling Movies

Here is a list of movies that have the topic of couples counseling. Some are clinical and some are simply entertainment.

- Hope Springs
- Couples Retreat
- Reasons
- Tell Me You Love Me
- Bad Therapy

Books about Couples Counseling

Most couples see a therapist once a week or bi-weekly for counseling. Yet, a fair amount of growth happens outside of sessions. Books about relationships allow couples to work together from the comfort of their own home. Reading aloud to one another creates a kind of mini-therapy session to talk about the book and topics that it uncovers. This often contributes to efforts in therapy. Here are a few books to help you get started:



Book Title	Book Author
Hold Me Tight: Seven conversations for a Lifetime of Love	Dr. Sue Johnson
The Seven Principles for Making Marriage Work	John Gottman, Ph.D.
Conscious Loving: The Journey to Co-commitment	Gay Hendricks, Ph.D. & Kathlyn Hendricks, Ph.D.
Getting the Love You Want: A Guide for Couples	Harville Hendrix, Ph.D. & Helen LaKelly Hunt, Ph.D.
Attached	Dr. Amir Levine and Rachel Heller, M.A.
The Normal Bar: Surprising secrets of happy couples and what they reveal about creating a new normal in your relationship	Chisanna Northrup, Pepper Schwartz, Ph.D., & James Witte, Ph.D.

Notes:

Ideas About Couples Counseling

Couples counseling in Lone Tree
Couples Counseling in Centennial
Couples Counseling in Littleton
Couples Counseling in Highlands Ranch
**Couples Counseling Near Me
**Couples Therapist Near Me
**Couples Therapy Near Me
Couples Counseling Exercises
Couples Therapy
Couples Therapy Techniques

Couples Therapy Questions
How To Prepare for Couples Counseling
Unmarried Couples Counseling
Is it worth doing Couples Counseling
Does Couples Therapy Work?
Marriage Counseling Tips
Couples Counseling Online
Couples Counseling Movie
Couples Therapy Homework
Online Couples Counseling

