

# What Is Marriage Counselling?

Marriage or couples counselling is commonly a short, solution-focused kind of counselling. Most partners complete therapy within 20 sessions, even if the median is closer to 12 sessions. Marriage counselling can take place each week or each week, depending on the therapist's beginning evaluation and the partner's aims. [Marriage counselling](#) is prosperous when both couples are equally supported in finding solutions to marriage problems with each other and ready to put in the work both singly and as a couple.

## Importance of Marriage Counselling

- Safe and Non-judgmental Environment
- Mediator
- Analyze Patterns
- Tools to improve communication
- Realistic expectations
- Accountability

## Benefits of marriage counselling

- Develop a closer relationship
- Helps heal old wounds
- Supports partners listening to each other
- Learn how to resolve conflict
- Set goals as a couple

## Few kinds of marriage counselling

- **Pre-Marital Counselling:** Partners who are already dating and wish to proceed with their marriage relationship may select pre-marital counselling.
- **Post-Marital Counselling:** Post-marital counselling sessions are open to all partners, any way of how lasting they have been married or what type of marriage they have.

## What Does a Marriage Counsellor Do?

- Counsels Individual and Couples
- Limitations and Responsibilities
- Provides Level Ground
- Listens and Suggests
- States the Obvious

## How Does Marriage Counselling Work?

- Supports In Bridging The Gap In Communication
- Solves Family Differences Which Are Faced By The Couples
- Builds Understanding Within The Couples
- Solve The Issues From The Core
- Counsellors Help In Getting The Couple Close with each other
- Marriage Counsellors Give A Way To Find A Positive Solution

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