



*If you want to  
save your  
marriage,  
take action!*



## JUST FACTS

### How Does Marriage Counselling Work?

#### Both Sides of the Story

Marriage counselling typically brings couples or partners together for **joint counselling** sessions. The counsellor or therapist helps couples pinpoint and understand the source of their conflicts and try to resolve them. You and your partner will analyse both the good and bad parts of your relationship. The marriage counsellor should not take sides in the disputes.

#### Skills to Enhance Relationships

Marriage counselling will help you learn skills to enhance your relationships, such as communicating openly, problem solving together and discussing differences rationally. In some cases, such as depression, the marriage counsellor may work with your other health care professionals to provide comprehensive care. **One of the goals of marriage counselling is to help you learn to be more accepting and understanding of differences.**

#### Professional Mediation

Talking about your problems with a marriage counsellor may not be easy. Sessions may pass in silence as you and your partner feel stuck over perceived wrongs. Or you may bring your fights with you, yelling and arguing during sessions. Both are OK. **Your counsellor can act as mediator or referee and help you cope with the emotions and turmoil.** Sometimes the counsellor may request to see you and your spouse for separate sessions to work on a particular issue before you both come together again for joint sessions.

#### Growth and Transformation

You may find your relationship improving after just a few sessions. On the other hand, you may find that the relationship will get worse as past hurts and disappointments are put forward. However, most find that **when they are able to weather the worst, the relationship usually emerges stronger and healthier than ever.**

### What If Your Partner Refuses to Attend Marriage Counselling Sessions?

**You can go on your own.** It may be more challenging, of course, to patch up relationships when only one partner is willing to get help. But you can still benefit by learning more about your reactions and behavior in the relationship.

### What Matters in Choosing a Marriage Counsellor?

Take care when choosing a marriage counsellor or therapist. If your goal is to save your marriage you will need to find a counsellor who shares the same values and beliefs as you do.

### Save Your Marriage. Take Action!

Marriage counselling works and **it works for you.**

If you want to save your marriage, take action! Give us a call today to schedule an appointment.

## EVENT

### Course on Biblical Parenting Principles (toddlers to 21 years old)

*Duration: Every Friday, 4 May – 27 July 2007*  
*Venue: Calvary Church, No. 2, Jalan Damansara Endah, Kuala Lumpur*

The concept is simple. God is the Designer of our lives and we must parent His way! Our confidence is that by applying God's principles to family life, He will restore the family to its glorious design. This is a course for all parents. You will discover biblical parenting principles to raise children from 2 to 21 years old. In this course, biblical truths will be combined with practical insights gleaned from many years of parenting opportunities. This course format is enhanced by many presentational tools to illustrate the principles.

Registration can be made directly to SCG Department of Calvary Church, at 03-77287853 or email to [scg@calvary.org.my](mailto:scg@calvary.org.my). Limited seats only!

## CONTACT US

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