

Marriage Counseling

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As many as one in two marriages now end in divorce, and three-quarters of divorced individuals remarry. Faced with these statistics, New Source Counseling offers hope and help to couples who are getting married for the first time; remarrying; or want to enhance their marriage. Prior to separation, marriage counseling can provide new communication techniques, relationship skills training, and coping strategies which can restore the relationship. We at New Source Counseling Centers offer programs such as Prepare/Enrich®, which was founded by David Olson, professor emeritus of family social science at the University of Minnesota. This program, among others that we offer, provides couples with an individualized assessment of their relationship and with targeted interventions that will help them to build on their strengths and to restore areas where they need to grow.

Every couple faces unique challenges when getting married. First time married couples are learning to live together, and sometimes they have the idea that everything will be good all the time. This “rose colored glasses” way of viewing marriage generally doesn’t last for long! The issues faced by couples entering second marriages can be radically different from those faced by couples in first unions. They can be faced with issues of baggage from the first marriages, perhaps with challenges of dealing with a former spouse, and even with difficulty trusting either their partner or themselves in the relationship. The most challenging marriage can be one involving the blending of children from previous marriages. The bonding process between children and a new parent can take up to seven years, and this understandably puts pressure on the new marriage.

While couples may find it difficult to get counseling before marriage because of busyness or thoughts that everything will be fine without counseling, or after marriage because of the stigma of not being able to fix things on their own, talking with a New Source counselor is designed to enable people to have the marriage that they have always wanted.