

Chapter 1 : Chapter Growth Counseling for Mid-Years Marriage Crises – Religion Online

The growth counseling approach is particularly useful in helping individuals and couples handle severe mid-years stresses constructively. I have described the philosophy and basic methods of marriage growth counseling elsewhere..

The most common relationship problem by far is communication. It is unwillingness to take the time to genuinely listen and care to understand. Unresolved Issues from Youth and Past Relationships: A frequent cause of misunderstanding is unresolved baggage from youth. One of the saddest set-ups in relationships is entering into them with all kinds of expectations and then over the years, feeling disappointment that they have not been met. Sex is the most common areas of conflict in many relationships. If communication has become hostile than that hostility manifests itself sexually as well. Chronic disappointment and dashed expectations can manifest in a serious loss of intimacy in a relationship. To further complicate matters, sexual interactions mean something different to men than they do to women. Women like to feel emotionally connected before they become physically connected. On the other hand, men often use sexual activity to connect in the first place. Resentments are the number one killer of all relationship. They are a slow poison, undermining the love, trust, and mutual respect you may have had with each other. Infidelity can be a killer of trust and commitment. Affairs are often used as an escape from the difficulties of the current relationship. The top six money arguments that couples have are about merging their money, dealing with debts, budgeting, how to best invest, money secrets and planning for emergencies. Understand how external factors such as family values, religion, lifestyle and culture affect your relationship. Reflect on the past and how it operates in the present. Communicate in a more constructive way. Learn why arguments escalate. Negotiate and resolve conflicts where possible.

Chapter 2 : Couples Counseling | Marriage Counseling in Texarkana, Arkansas

This book is designed for two purposes – to provide resources and guidelines for ministers and other counselors for use in mid-years growth counseling and marriage enrichment; and to provide do-it-yourself help for mid-years couples who wish to enrich their own marriage.

Areas of Growth Counseling recognizes this complexity and our approach focuses on improving together. Our practice utilizes a new, flexible and collaborative approach not a traditional approach. Key elements to improving family function are resolving conflicts, showing mutual respect and trust, and operating from a platform of open and honest communication. The direct, systemic approach used by Areas of Growth Counseling can assist you in confronting those areas of your life that you need to improve. Take control of your happiness. She realized her direct approach was not easily matched within therapeutic settings. While attending the program she continued to strive to think outside the box and appreciate how therapy is changing and evolving. She enjoyed challenging the current status quo and discovering ways to improve existing counseling methodologies. Along with a thriving private practice, Jessica also teaches and supervises clinical-level students at Regis University. In , Jessica was presented with the Pioneering Entrepreneur Award by the Colorado Counseling Association for her development of a dyadic communication intervention used in couples and family therapy. Jessica is aware and informed on many underserved communities, including transgender, BDSM, kink, and polyamorous. Learn more about Rapid Resolution Therapy here. High achieving individuals can come from various walks of life including, middle-schoolers and high-schoolers who are in Gifted and Talented programs, enrolled in AP and Honors classes who are struggling with anxiousness, worry, and feelings of being overwhelmed. High achieving adults can include college students with their sights set for elite programs and advanced degrees, entrepreneurs, people in leadership positions or high pressured careers. High achieving individuals can report feeling the impostor syndrome, anxiety and depression, worry that success is tenuous, feelings of loneliness, and even guilt at their success. Jessica also works with couples in their 20s and 30s who want to strengthen their relationship. Jessica is trained in Emotionally Focused Couples Therapy, one of only two couples counseling techniques that is empirically validated to improve relationships. TeleTherapy also available to established clients. Areas of Growth accepts the following insurances: If your insurance is not listed, we encourage you to contact your insurer about out-of-network benefits, including initiating a Single Case Agreement.

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

Our phone lines are down. We are working with our service provider to resolve this issues as soon as possible. Our email is still working. You may email us at Contact ccg-va. To be successful in supporting wellness, your active participation in the process is essential. Just by reaching out for help, you are already doing something healthy for yourself. When seeking counseling services it is important to find a counselor with whom you feel comfortable. In our counseling center, we believe that the client should be driving the counseling experience. Therefore, the things that are important to you will also be important to your counselor. An essential part of the counseling process is to help you to identify and reduce troubling or disruptive mental health symptoms. The treatment of these symptoms will become part of your treatment plan. Your counselor may also provide you with mental health education derived from his or her professional experiences and formal education. The focus of your counseling experience will be on achieving overall wellness. So, if you are ready to seek overall wellness and begin the counseling process, contact us to arrange an intake appointment. Monday through Saturday appointments available for your convenience. Online counseling now available! We now are offering telehealth counseling as an option for adults. We use a secure web platform that ensures the privacy and confidentiality of each counseling session. Contact us to see if this type of format would be appropriate for you or your family members. We currently accept the following insurances Anthem Healthkeepers.

Chapter 4 : Growth Counseling for Mid-Years Couples – Religion Online

*Growth counseling for mid-years couples (Creative pastoral care and counseling series) [Howard John Clinebell] on theinnatdunvilla.com *FREE* shipping on qualifying offers. A fruitful combination of theory and practice, author Clinebell writes for a dual audience -- mid-years couples who wish to enrich their marriage.*

Growth Counseling for Mid-Years Marriage Crises Each of us may perceive various differences, qualities, or behavior in the other as undesirable But we also grow through grappling, with the impasse these differences may bring. Staying with it through the impasse, and growing through them requires courage, trust, honesty, and effort; yet it is here, only in the honest confrontation of self with another through time and change in the intimate and caring relationship, that the greatest depths of personal and emotional growth can occur. For some, there is a cauldron of disappointment, resentment, boredom, and emptiness beneath the facade they present to the outside world. Some have been in a quiet crisis of growing alienation for years. In some such cases divorce may be the only way out of a paralyzed and paralyzing relationship; it may offer the only chance for a more potentializing future for the two persons. But in other cases couples can rebuild their relationship on a more growth-producing contract, if they are willing to work hard with a skilled counselor. Many mid-years couples in marital crisis have had a functional marriage down through the years. Their relationship has simply been thrown off keel by the heavy pressure of multiple losses, changing roles, and diminished self-esteem. They still have a lot invested in their marriage, which is one reason for the intensity of their fighting. Though deeply distressed, they still value many things about their relationship. With the help of a skilled pastoral counselor or marriage counselor, many such couples not only weather the storm but develop a stronger relationship as a result of learning to handle it. This chapter describes some of the approaches by which couples in mid-years crisis can be helped to grow through counseling. Marriage Growth Counseling The growth counseling approach is particularly useful in helping individuals and couples handle severe mid-years stresses constructively. I have described the philosophy and basic methods of marriage growth counseling elsewhere. The approach seeks to help couples use crises as growth opportunities. In counseling sessions two questions can help a counselor ascertain whether short-term marriage counseling, as contrasted to longer-term marriage therapy, is likely to be effective: If so, tell me about them. If it is asked prematurely, the caring that may still be there in the relationship is buried beneath anger and hurt. If couples can recall good times in the past or become aware of what they each still like in the marriage, their hope may be awakened; the renewal of hope increases motivation to change. If two people have had no good periods together and have nothing that they still like in the marriage, the prognosis is poor. Short-term marriage crisis counseling will probably not suffice. However, the best way to discover if they really need long-term marriage therapy is to try short-term crisis counseling methods for several sessions. Many mid-years couples feel deeply embarrassed and hopeless about themselves and their relationship by the time they come for counseling. It is important to affirm them and to introduce the growth perspective in the counseling by statements such as these: This crisis confronts you with the need to strengthen your marriage so that it will be more satisfying to you both. You seem to have some important things still going for your marriage. Resources for Mid-Years Counseling Most of the guidelines and methods described in the first seven chapters of this book can be used in mid-years marriage counseling as well as in enrichment sessions. Much mid-years marriage counseling is simply personal instruction and coaching to help a couple apply the twelve strategies chap. Almost all mid-years couples who come for counseling need help in strengthening communication and in revising their priorities and values. Often dull sex, spiritual poverty, and crises with adolescents contribute to the escalating problems that brought them for help. In many cases, an unresolved bereavement coincided with the drastic worsening of their marital pain. For this reason, it is wise to ask all mid-years persons in counseling: For methods of helping persons do their grief work, see Oates. Grief and Separation; also H. Many such couples are hurting because of lopsided, unfair contracts. It is essential in counseling, therefore, to raise their consciousness and increase their awareness of the need to correct this injustice. See above note, p. After they have discovered that they can improve their working agreement, they should be coached in systematic revision

of all aspects of the contract which are unfair to one person or are areas of chronic conflict chap. Because of the severe communication blocks present in most couples who come for counseling, it is helpful to have them write out their understanding of their contract, including the revisions. As a couple takes each small step in implementing more mutually growth-producing ways of relating, the counselor should encourage them by expressing appreciation of their progress. This affirmation helps a couple keep on struggling to learn new communication and conflict-resolution skills, until their use of these tools produces enough satisfactions to make the process self-reinforcing and therefore self-perpetuating. Transactional Analysis is useful to many mid-years couples in crisis counseling. Many couples have been playing destructive Parent-Child games for years, each trying vainly to make the other an always-nurturing Parent or an always submissive Child figure. Most of the futile, destructive conflicts and many of the sexual problems stem directly from this circular Parent-Child interaction. Parent-Child games reach a point of diminishing returns for many in mid-life. If one partner "usually the wife experiences consciousness raising and stops playing one side of a long-standing Parent-Child game, chaos usually erupts. This kind of pain is a sign of hope, since it indicates that at least one person is fed up and may be open to developing a more mutually satisfying, Adult-to-Adult relationship. I have described ways of using T. Abingdon, , pp. For a "live" illustration of the use of T. It is also important for them to identify and interrupt the one or two favorite games which have dominated their interaction for years. But if the "payoffs" of a game are no longer satisfying, many couples can do it, once they become aware of their games and the painful price of playing them. I often say to a couple: As they do, their Adult grows stronger and more able to guide their lives and their relationships. If There Has Been an Affair Frequently the crisis that brings a couple to counseling is the discovery by one partner that the other has had an affair. It is important to help couples understand the underlying causes of an affair. It is useful to distinguish between situational infidelity and chronic, repetitive patterns of infidelity. In such cases, the prognosis for any treatment except long-term individual and marital therapy is not hopeful. In most other affairs, the fundamental cause is chronic neglect of each other and of the marriage, and the consequent accumulation of hurt, anger, resentment, and alienation. The affair is then a symptom of a barren relationship and of the mutual need deprivation that has produced this condition. It is essential to help the "offended" partner see how he or she contributed significantly to the malnourished relationship that made it easy for the affair to occur. A husband, for example, who is "married to his job" and spends little time with his wife, is inviting marital trouble. Affairs in the mid-years often are "last flings. In counseling, the offended partner should be encouraged to postpone drastic steps, such as initiating divorce proceedings, until he or she has dealt with feelings of intense anger and hurt. Doing this makes possible a more rational decision. In many cases, mid-years couples discover that they are better off staying with their long-term marriage than dissolving the relationship in hopes of finding greener pastures elsewhere. Affairs often are short-lived, partly because they fail to realize the dream of eternal youth for which the person is searching. If both marriage partners are willing to work together in counseling to rebuild their relationship on a new and stronger foundation, they may be able to use their painful crisis as an opportunity to grow together. Constructive Divorce and New Beginnings Mid-years realism and heightened awareness of swiftly passing time can help some persons face the fact that their only hope for a fulfilling life is to end a dead or deadening marriage. Speaking of their middle-aged friends whose marriages break up, Bernice and Morton Hunt observe: Divorce can be the greatest liberation of all for those who really need it. For couples who married for deeply neurotic reasons, or where one has grown and the other has not" or both have grown in different directions" or where one has no interest in developing a more growth-producing marriage, divorce may be an essential step toward growth. Divorce counseling should help each individual move through the pain, utilizing the growth opportunity in the pain to prepare for a new and better chapter in life. Clinebell, Growth Counseling includes segments of a divorce group with a discussion of the principles of setting up such a group. A divorce growth group is a support and mutual-help group, similar to a grief group, in which divorcing persons share and work through their feelings and help each other make sound decisions in coping with the host of problems that single and divorced people face in a couple society. With over a million divorces in the nation each year, society desperately needs a network of such small growth groups in which persons can experience a caring

community. Through such a group, a mutual ministry of caring and growth can be implemented. As a participant in one such group declared:

Chapter 5 : - Growth Counseling Services L.L.C.

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Chapter 6 : Couples Counseling

Get relationship help now. Difficut relationships can change. All it takes to get started is the willingness to try. We will help you do something new - at first the changes are small, but over time they add up to something huge.

Chapter 7 : Growth Counseling Services, Glendora, CA

We strive to put community at the core of all we do. In addition to the therapeutic services listed below, we also seek to cultivate, equip, and mobilize the greater community by offering workshops and classes, support groups, and opportunities for service and volunteering.

Chapter 8 : Catalog Record: Growth counseling for mid-years couples | Hathi Trust Digital Library

I provide counseling services to adults, couples and adolescents in Texarkana, Arkansas and the surrounding areas. I focus on working with individuals who are dealing with depression, anxiety, self-esteem issues, grief, and addiction.

Chapter 9 : Couple's Counseling for Sex Addiction, Infidelity â€™ Growth Counseling Services, Glendora, CA

Growth Counseling Services in Glendora, CA provides counseling for sex and porn addiction, betrayed spouses and partners, group counseling, CSAT supervision, and more.