

explore

connect

restore



Heart-Connect  
Counselling & Seminars  
**SIG TAYLOR**, MSW, RSW



## What Sig has to say about...

### Does marriage counselling work?

*Q: How many marriage counsellors does it take to change a light bulb?*

*A: Just one, but the light bulb has to really want to change.*

Marriage counselling, if done by a skilled and experienced counsellor is highly effective for the vast majority of couples that actually WANT to improve their relationship. At least 80% of the couples I work with significantly improve their relationship.

For couples where either or both are unsure of their commitment, I recommend that the counselling focus around a committed time frame, typically 2-3 months. This allows them the opportunity to really evaluate their relationship and become much clearer about their future.

Unfortunately, many couples have had bad experiences with marriage counselling. Some couples complain of feeling frustrated with the process. Many times, the process can turn into bitching and complaining about each other with little or no forward progress. Couples also find marriage counselling often fails to provide practical tools and skills that make a difference outside the sessions. I strongly recommend you make sure that the counsellor has formal, graduate level training in working with couples and that a significant portion of their practice is in marriage counselling.

It's also important to have a good relationship with the counsellor. The best thing is to have a consultation meeting in order to determine if the counsellor is a good fit for the couple - and if the couple is good fit for the counsellor.

If you would like to discuss your relationship and making improvements, book a [FREE Consultation](#) with me today.