

Lecture#10

Marriage Counseling

Instructors:

Thomas Idiculla, PhD;

Leslie Verghese, MSW, LCSW

www.agapepartners.org/coaching

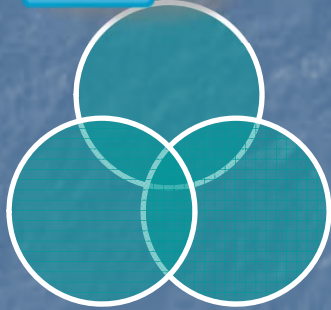
Outline

- Emerging Marriage Trends
- God's Design for Marriage
- API Marriage Survey Findings
- Marriage Assessment
- Marriage Counseling
- Resources
- Q&A

Emerging Trends in Marriage



Six Important Trends Identified



Three Types of Marriages



API Marriage Survey - 2007



Discussion - Support, Networking, Mentoring

Marriage: The First Institution on Earth

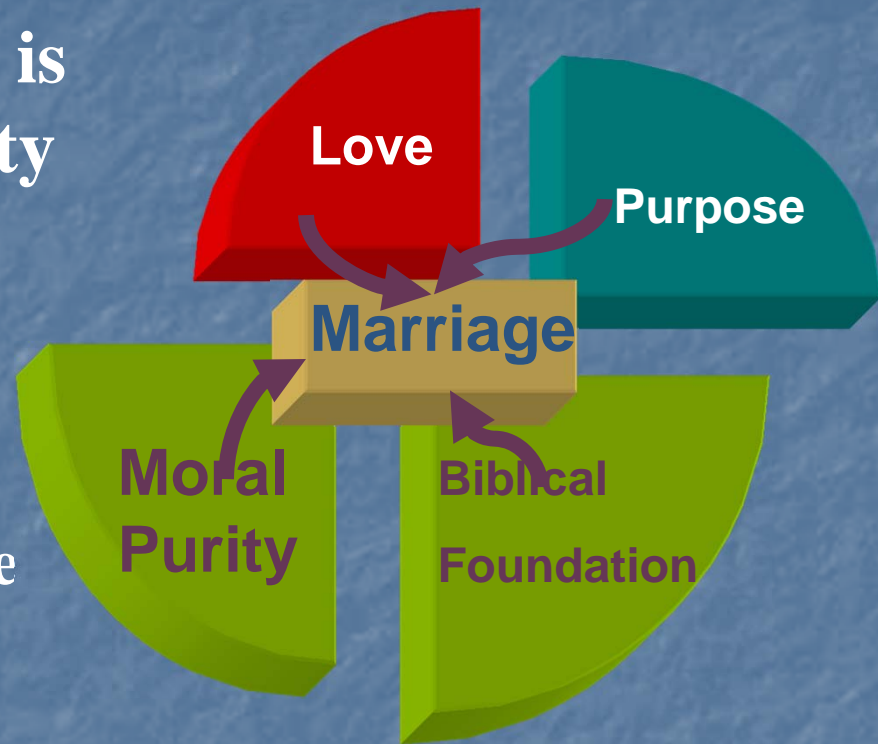
- Marriage is the first institution on earth
- Family, Society, Educational Institutions and all else followed later
- Hence Marriage is the ‘foundational’ institution
- God Himself Designed and Instituted it

What is Marriage?

- Marriage is
 - A Heterosexual
 - Covenant
 - Between ONE man and ONE woman
 - Consummated in Total Union
 - For Companionship and Procreation
 - Often sealed by a Public Ceremony
 - For a LIFELONG relationship

**The FOUR basic elements
of a successful marriage is
often neglected by society
resulting in a Broken
Marriage Circle**

**The future of our
Society Rests With the future
Of the Institution Of
MARRIAGE**



Changing Perceptions and Society

Ideology	Time	Belief
Biblical Morality	1800-1900's	There is such a thing as right and wrong. Certain things are right and wrong and I KNOW WHY
Abiblical Morality	1900-1950's	Certain things are right and wrong I DON'T KNOW WHY.
Immorality	1960 – 1970's	Certain things are right and wrong, but I DON'T CARE
Amorality	Late 70's to Present	THERE IS NO SUCH THING AS RIGHT AND WRONG

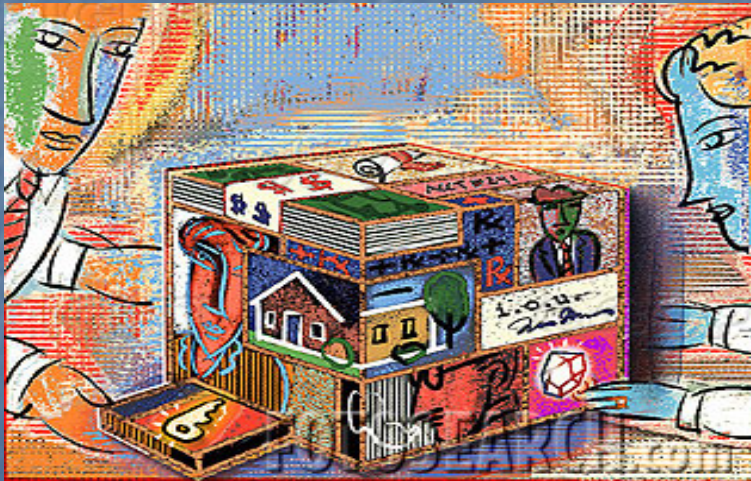
Broken Marriage







A man and woman balancing work and life





Six Important Trends Identified

1960-2010



Six Important Trends in Marriage (1960-2010)

- 1) Decline in Marriage rates: **50 percent**
- 2) Increased Divorce rate: **40 to 50%**
- 3) Increased 'unmarried' Cohabitation: **10 fold**
- 4) Reduction in Size of Family: **4 to 2 children**
- 5) Increased Dysfunctional families – **9% to 28%**
- 6) Changing attitudes about sex, marriage and family-
**alternatives to marriage, unwed childbearing (35%),
abortion, homosexuality, extramarital relationship,
and virtual pleasure – All on an upswing**

Alternate (Often Accepted) Life Styles



Marriage Redefined



Gay Adoption



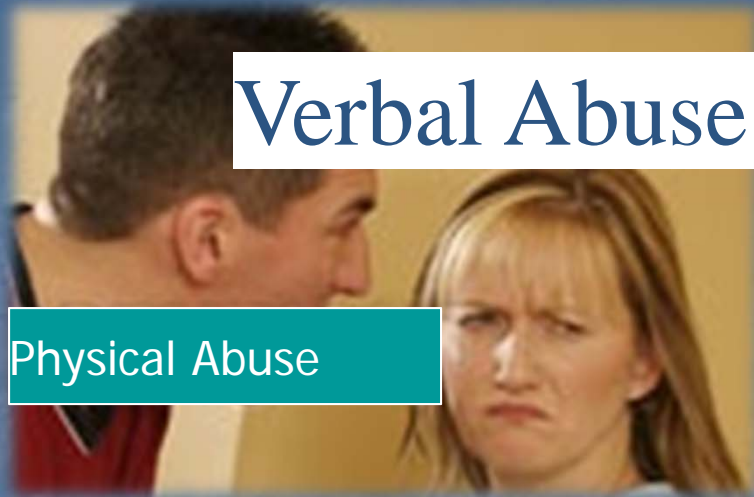
Two Dads



Heather has 2 mommies



Broken Marriages



Verbal Abuse

Physical Abuse



Easy Divorce



Repelling Poles



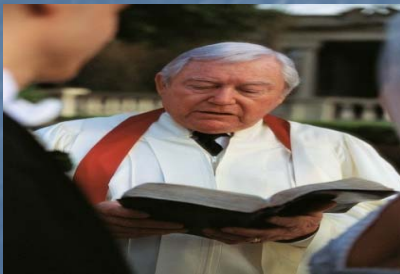
Three Types of Marriages



Traditional View



Modern View



Biblical View

TRADITIONAL VIEW

Contract between two families



All Rights Reserved (C) Agape Partners
International

Mostly an Eastern view

- ❑ Husband - breadwinner
- ❑ Wife - Homemaker
- ❑ Well defined roles
- ❑ Specific responsibilities
- ❑ Formed by society
- ❑ Family is the focus
- ❑ Interference from in-laws causing friction
- ❑ High stigma towards divorce
- ❑ Highly secretive about frictions

MODERN VIEW

Contract between two individuals



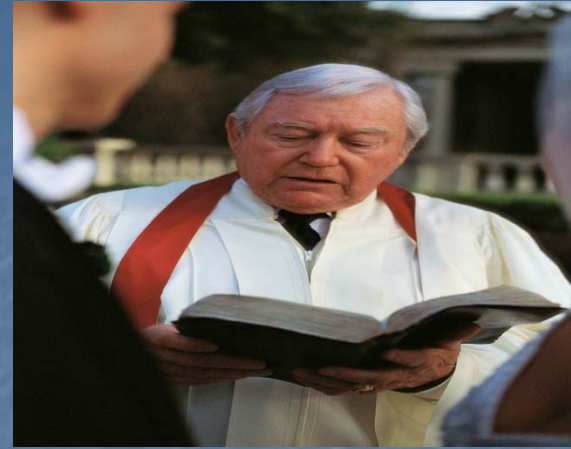
- Most common form of contemporary marriage
- Reflects the social changes of the last three decades (feminism)
- Highly Volatile relationships
- Heated/open fighting
- Open expression of love
- Love = 'Eros'
- Spousal Abuse is common
- High separation rate
- High divorce rate

Marriage = Companionship

- ❖ Social - Western view
- ❖ Divorce by mutual consent
- ❖ Career oriented
- ❖ Equality of spouses
- ❖ Roles are interchangeable
- ❖ Individual centered

Biblical View

- Exclusive, heterosexual, covenant, between one man and one woman, ordained and sealed by God, often preceded by a public leaving of parents, consummated in sexual union.
- Many needs are satisfied-the need to love and to be loved, the need for deep friendship, for sharing, for companionship, for sexual satisfaction, for children, the need to escape loneliness.



- Judeo-Christian view
- God centered
- Covenant relationship
 - **Life giving (Procreation)**
 - **Love giving (Companionship)**
- Less divorce rate
- Purpose driven...

Biblical View Contd.. – Secular vs. Biblical

- **Secular:** God is not involved in the welfare of man and certainly not in marriages and families.
- **Biblical**
- God is so thoroughly involved in marriage that whenever anything different than He has suggested or taught is done, disaster is on its way.

Biblical View Contd.. – Secular vs. Biblical

Secular:

- **Independent spirit** – If you restrain yourself from exercising your independence, it brings about harm and abuse of self.

Biblical:

- True freedom is when we live for the purpose God created us.
- A good marriage is when a man and woman fulfill their duties and live 'rightly' under the proper restraints.

Road to Disaster!!



- Broken promises
- Extramarital affairs
- Unfulfilled fantasies
- Dissatisfaction
- Anxiety, depression
- Unresolved conflicts
- Verbal & physical abuse
- Child Abuse
- Lack of trust / Paranoia

Often Resulting in

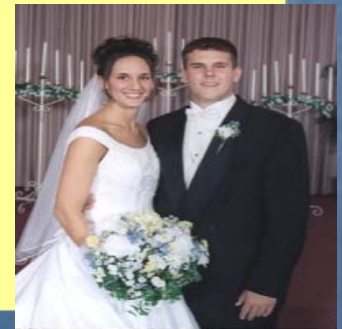
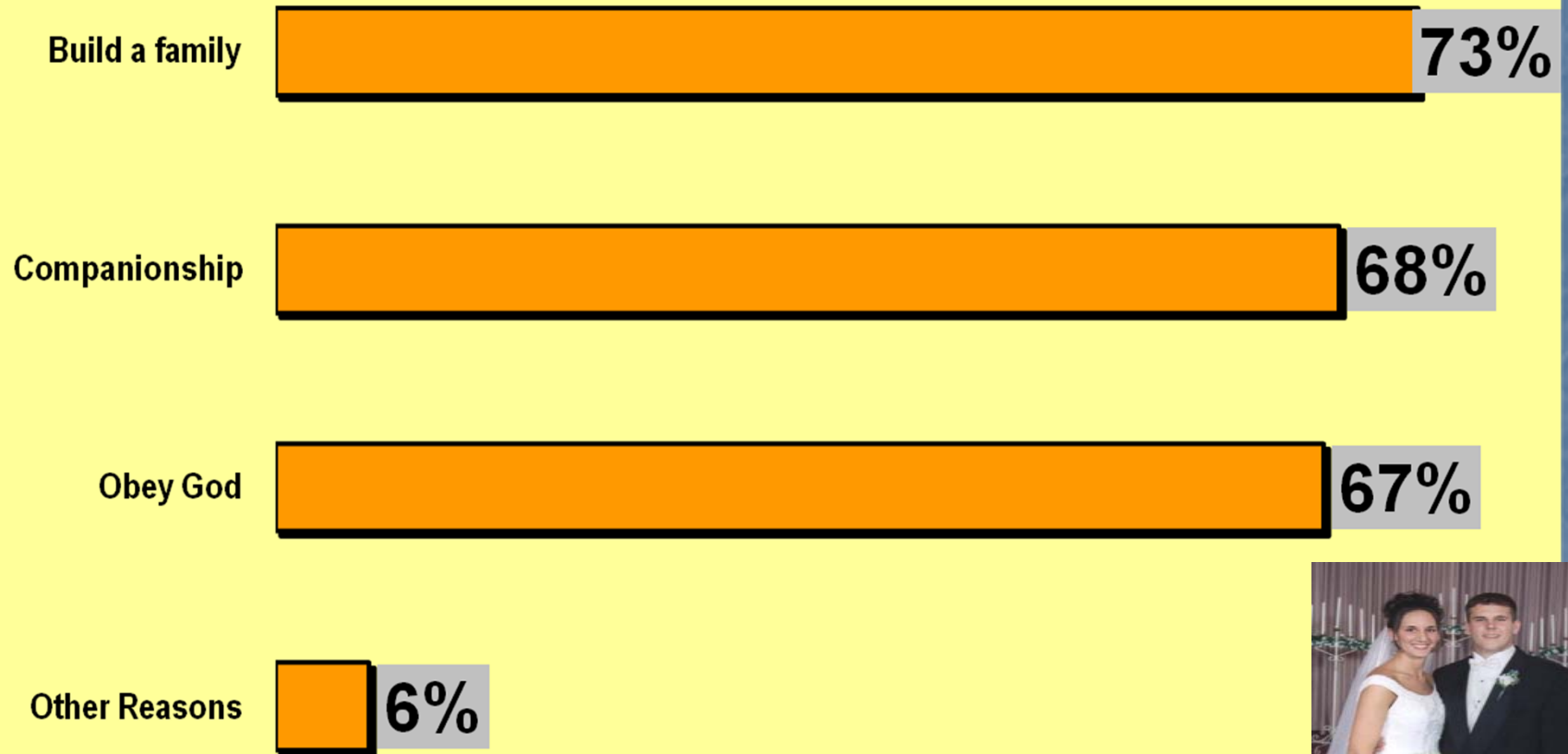
- **Separation**
- **Divorce**

The Bible States:
"righteousness exalts a
nation, but sin is a
reproach to any people."



Christian Marriage Survey 2007

Why do people marry?



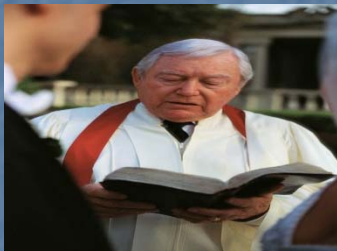
Preferred Method of Finding Partner



35% Chosen by self – 'Love' Marriage



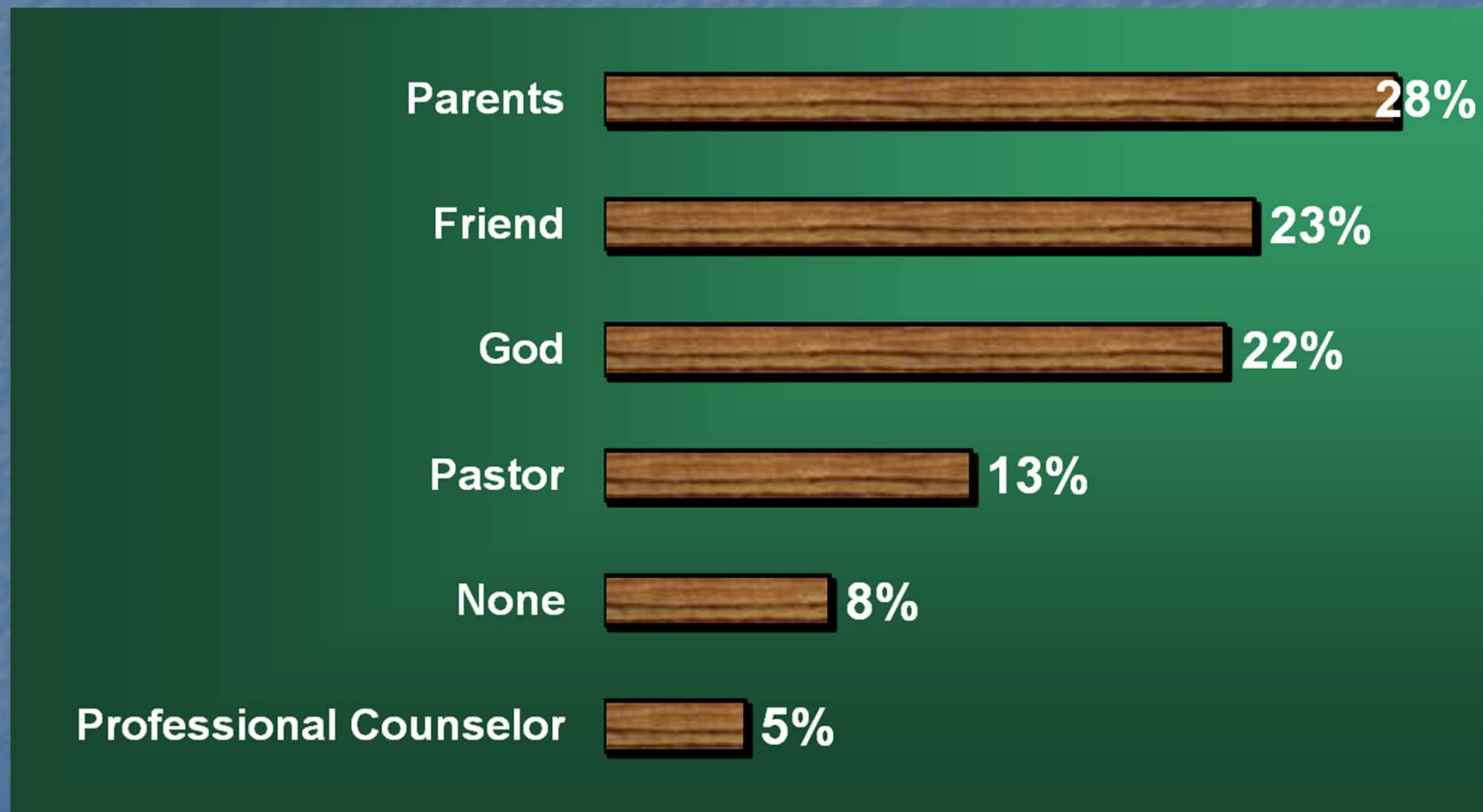
34% Arranged by parents – 'Arranged' Marriage



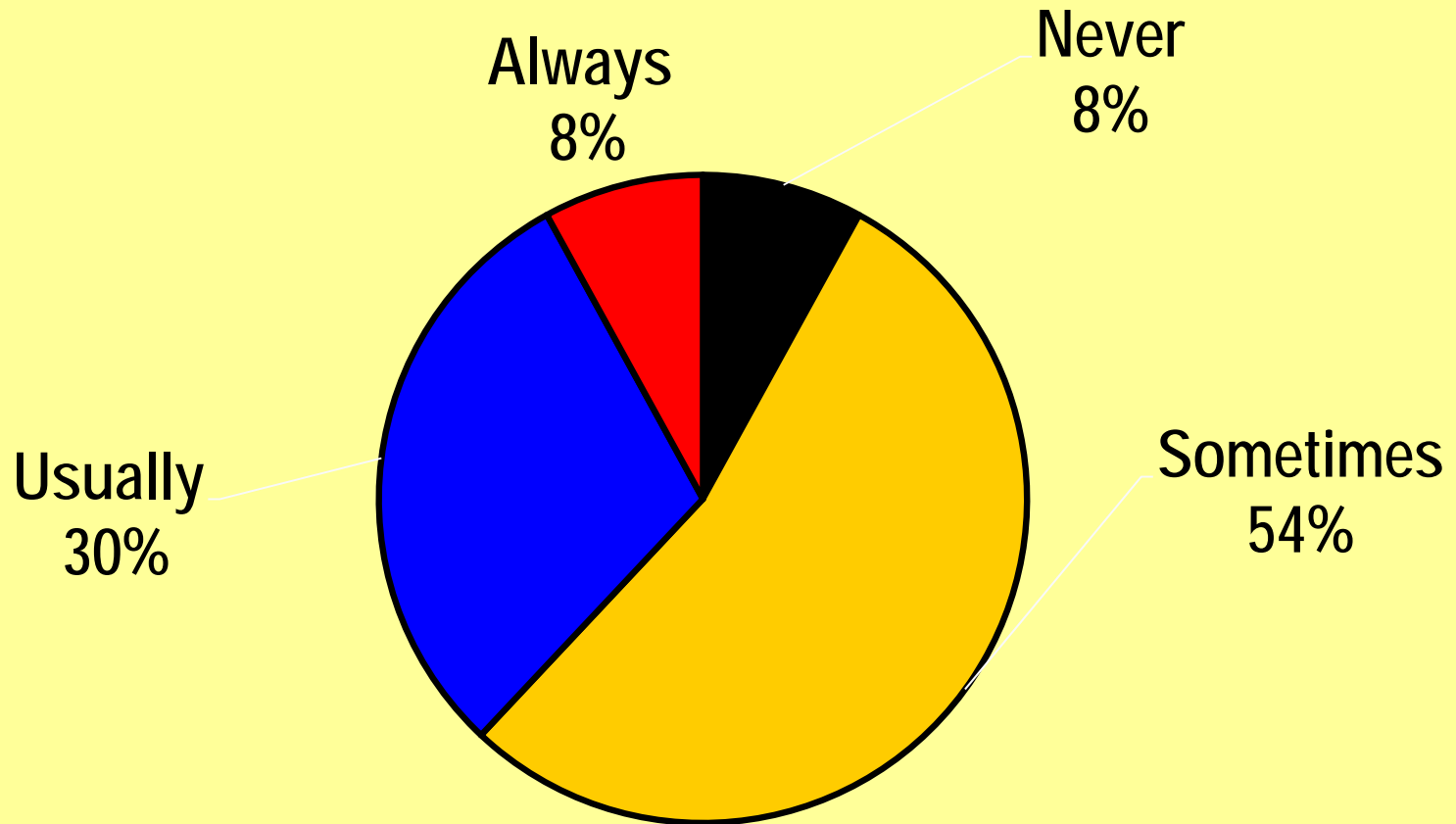
24% Self, parents, friends, God – 'Assisted' Marriage

7% Other

If you have a problem in your marriage, whom would you approach first?



How much do you want to involve your parents in your family life?



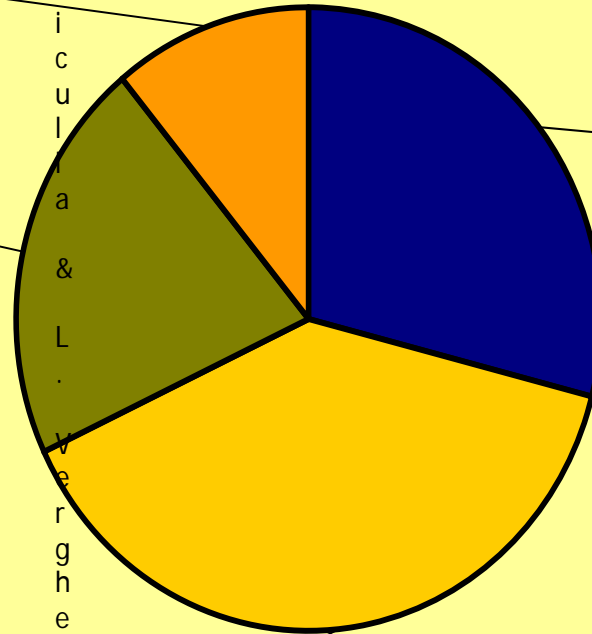
How many people do you prefer to be present at the wedding?

Above 600
11%

400-600
21%

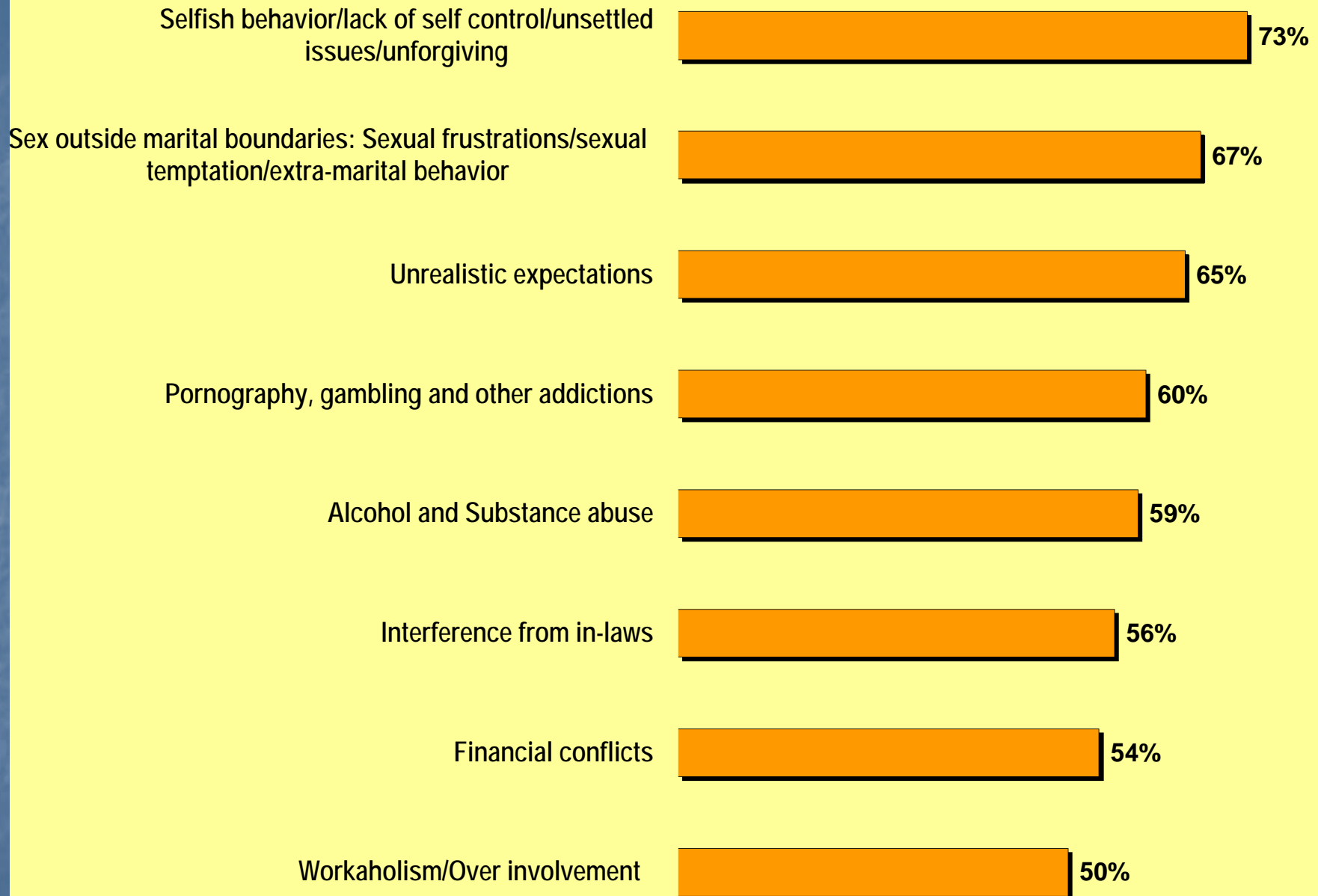
200-400
39%

Below 200
29%

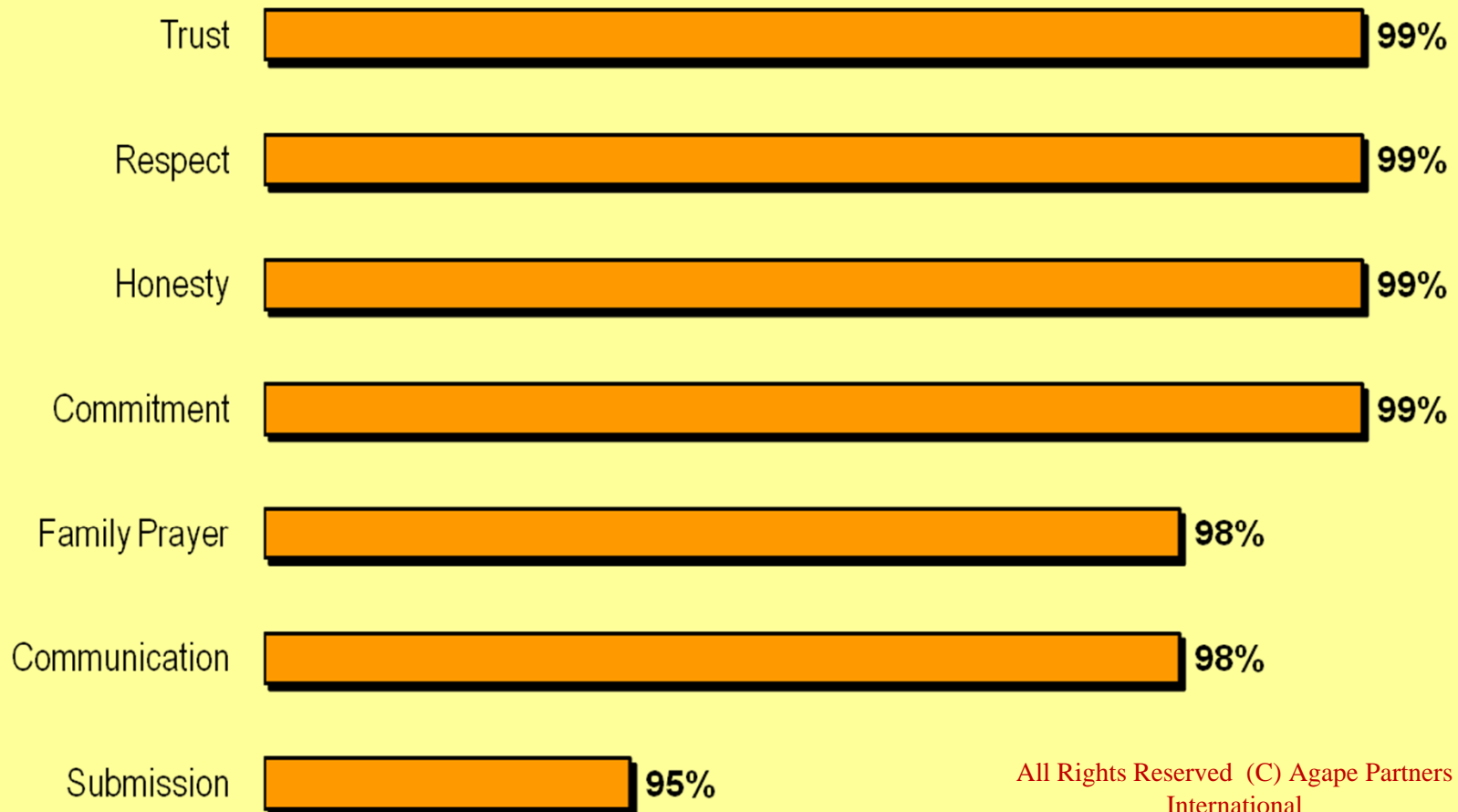


All Rights Reserved (C) Agape Partners International

Factors Causing Marital Instability

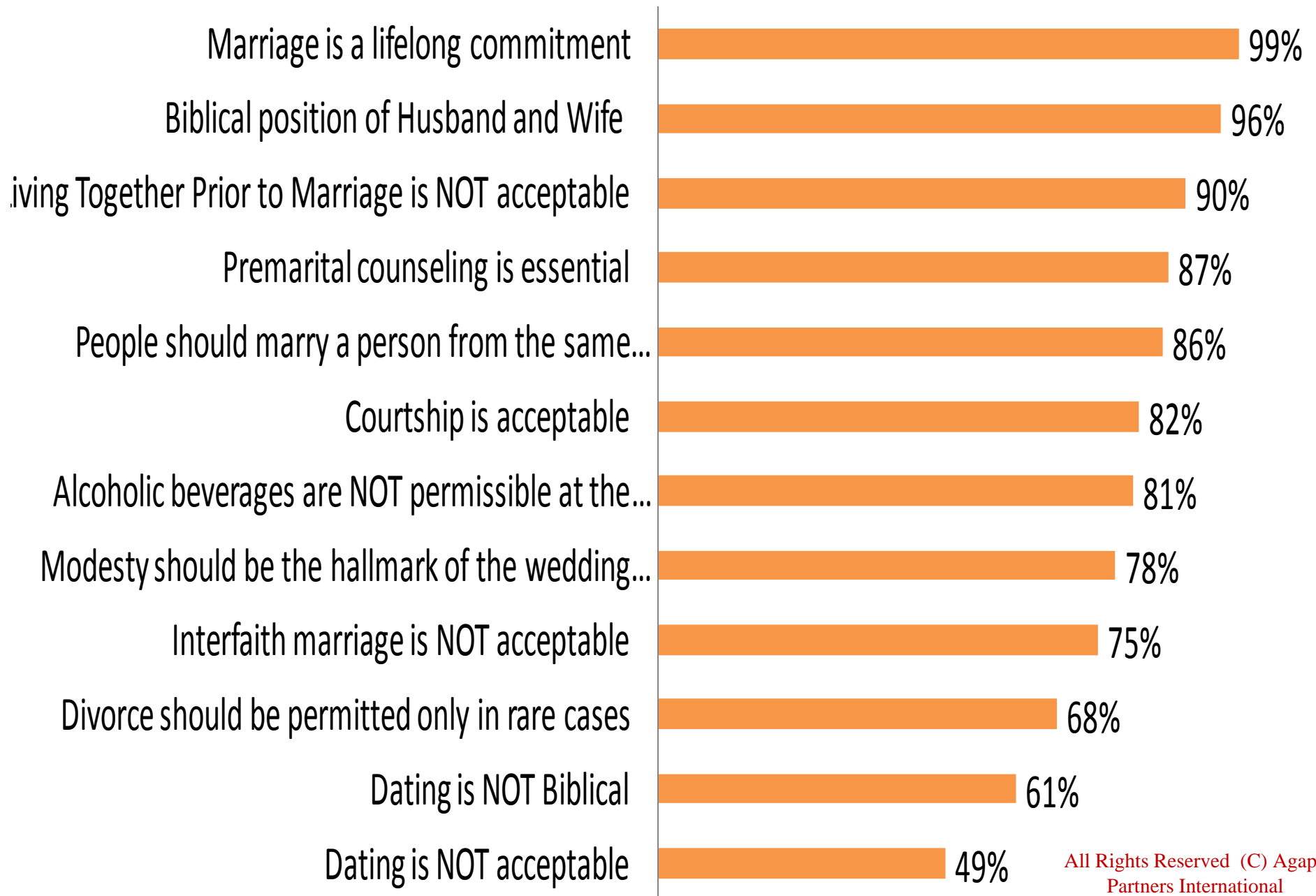


Keys to Successful Marriage



All Rights Reserved (C) Agape Partners
International

Attitude to Courtship, Dating, Cohabitation, Marriage and Divorce



Marriage Counseling

Christian Marriage Counseling

- Christian marriage counseling helps couples find harmony in their relationship with each other and with God.
- Discussing the discord in their marriage and how God interprets marriage principles helps the couple become familiar with how God wants the relationship to flourish.
- God's Word reminds the couple that a marriage is sacred and that it is possible to overcome the obstacles that too much pride can bring to a marriage.

Marriage Counseling Goals

1. Identify strength and growth areas
2. Strengthen communication skills
3. Identify and manage major stressors
4. Resolve conflicts
5. Develop a more balanced relationship
6. Explore family of origin issues
7. Discuss financial planning
8. Establish personal, couple and family goals
9. Understand and appreciate personality differences

David Olson & Jeffery Garrett (2006)

Domains of Marital Assessment and Counseling

- Family & Friends
- Roles & Responsibilities
- Spiritual Beliefs
- Forgiveness
- Children & Parenting
- Cultural/Ethnic Issues
- Couple Closeness and Flexibility
- Family Closeness and Flexibility

Communication in Marriage

Song of Songs 2:14

You are like a dove in an opening in the rocks.

You are like a dove in a hiding place on a mountainside.

Show me your face.

Let me hear your voice.

Your voice is so sweet.

Your face is so lovely.

Components

- Desire to communicate
- Focused attention
- Positive words
- Attentive listening

Gender and Marriage

- Women and men have different needs
- Women are at a higher risk of experiencing sexual abuse in childhood, rape in adolescence, domestic violence in adulthood
- Many women suffer from pre-menstrual syndrome involving mood swings potentially results in more diagnoses of depression
- Double burden on working mothers, maintaining family and work
- Life-events exclusively affect women: post-partum depression
- Hormonal differences between men and women result in a different response to life events

10 Key Principles to build a great marriage

1. Committed to God
2. Committed to your spouse
3. Open communication with your spouse
4. Forgive one another
5. Be pure and holy
6. Do all important things together
7. Pray together every night
8. Say to your spouse "I love you" once every day
9. Fight fairly, Never escalate the fight
10. Possess Christ like character and attitude

10 Things that Spark Marital Discord

- 1) Lack of Respect for each other
- 2) Not Listening to the Spouse
- 3) Lack of Sexual Intimacy
- 4) Always wants to be Mr. or Mrs. Right
- 5) Not Walking the Talk
- 6) Hurtful Teasing
- 7) Lack of Honesty in Relationship
- 8) Annoying, Nagging, Pestering
- 9) Being Selfish or Greedy
- 10) Flaring Tempers

Marriage Assessment Tool Prepare/Enrich

- A couple assessment tool
- Identifies a couple's strength and growth areas.
- Widely used for premarital counseling, marriage counseling, and marriage enrichment
- Based on a couple's assessment results, a trained facilitator provides 4-8 feedback counseling sessions.

David Olson & Jeffery Garrett (2006)

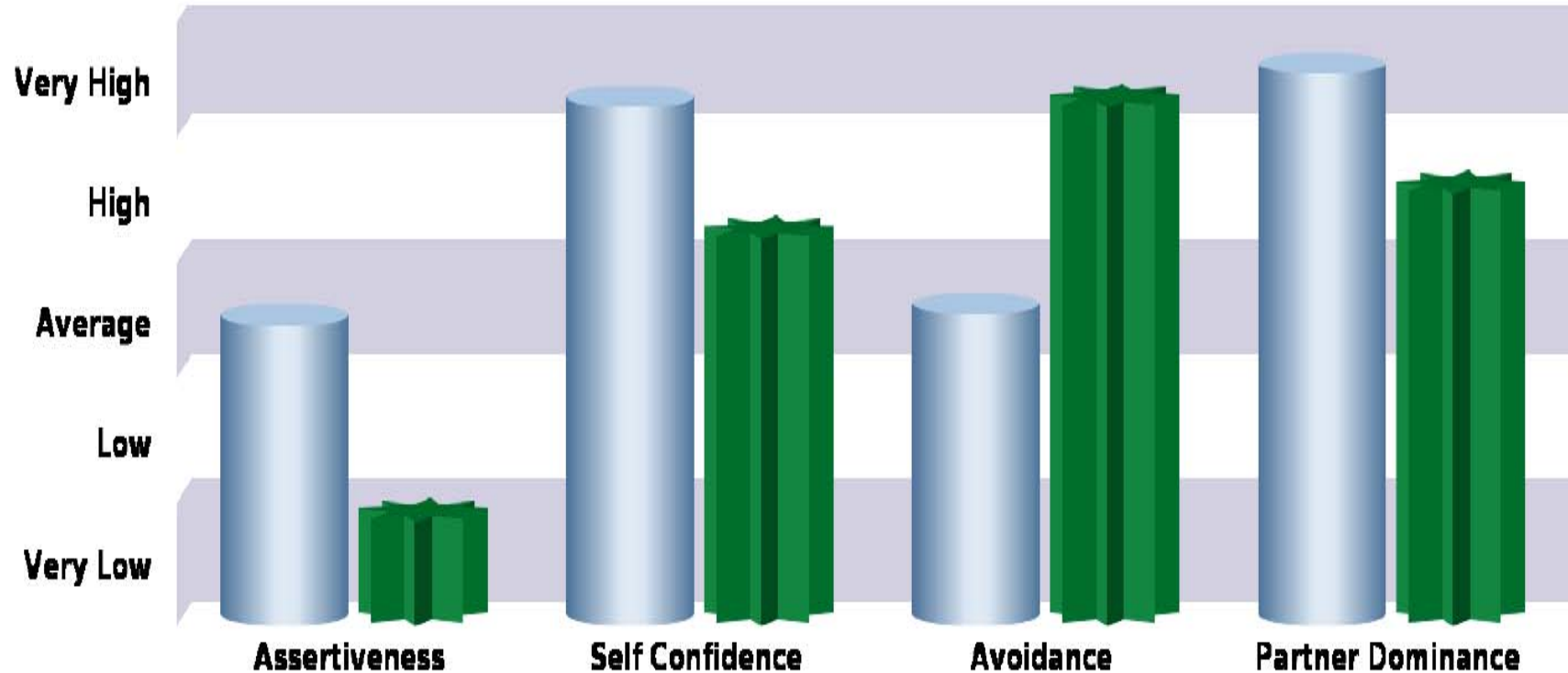
What relationship areas are assessed by the Prepare-Enrich Tool?

- Relationship Scales -- communication, conflict resolution, roles, sexuality, finances, spiritual beliefs and more
- SCOPE Personality Scales
- Couple and Family Scales
- Relationship Dynamic Scales

David Olson & Jeffery Garrett (2006)

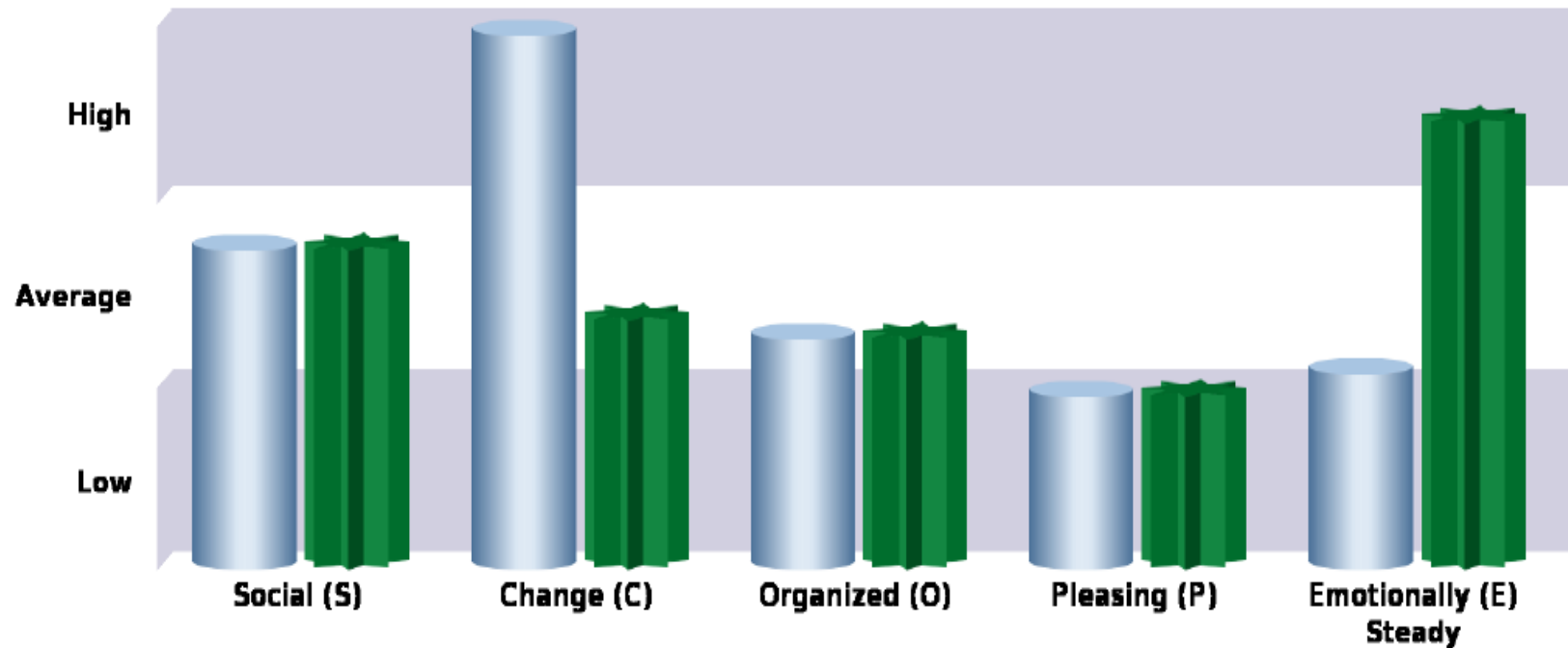
Relationship Dynamics

Relationship Dynamics



SCOPE Personality Scale

SCOPE Personality Scales



David Olson & Jeffery Garrett (2006)

All Rights Reserved (C) Agape
Partners International

Five Common Relationship Patterns:

1. **Vitalized couples:** very satisfied, skilled in communication and conflict resolution.
2. **Harmonious couples:** mostly satisfied across most areas of their relationship.
3. **Conventional couples:** Somewhat satisfied, often committed, not as skilled in communication or conflict resolution.
4. **Conflicted couples:** Lower level of satisfaction and struggle in their relationship.
5. **Devitalized couples:** Lowest level of satisfaction and have broken relationship.

David Olson & Jeffery Garrett (2006)

Resources

- API Marriage Training Seminars
- API Marriage Counselors
- API Website: www.agapepartners.org
- Focus on the Family: <http://www.focusonthefamily.com/>

Outline

- Emerging Marriage Trends
- God's Design for Marriage
- API Marriage Survey Findings
- Marriage Assessment
- Marriage Counseling
- Resources
- **Q&A**

CONTACT INFORMATION

- Agape Partners International
P.O. Box 550141
Waltham, MA 02452
- Phone: **781-330-0569** | **516-855-8093**
Email: counsel@agapepartners.org
Web: www.agapepartners.org
- Technical Support: support@agapepartners.org
- **717-546-4144**