



FAQ - Relationship and Marital Counselling

What is relationship and marital counselling?

Relationship and marital counselling is a form of counselling which includes premarital and/or post marital counselling for couples. It includes working with the clients to explore issues in their relationships, work on their communication, improve interactions and resolve conflicts.

How long does each session last?

The therapist will have combined sessions with the couple and with each partner separately to gain an insight into the issue. Depending upon the concern a single session may last from 45 minutes to 1 hour.

How is my privacy protected?

The information you share with the therapist is kept confidential as per the institute's policy and work ethics. Information given by one of the partners is shared with the other partner through consent

How can someone outside my relationship really help me?

A therapist is a person who views the situation in an unbiased manner and helps you to gain insight into the actual issue in the relationship. The therapist will work with you to explore and understand each other and resolve the existing concerns.

Why see a therapist when I can talk to my friends?

A friend is a person who can be biased at times and can give advice which may be emotionally driven as he/she is your friend. Additionally, a friend may not perceive the underlying issues or other factors that may be affecting the relationship. A therapist is a trained professional who functions in an unbiased manner, has the required knowledge and training in psychology and human dynamics, and helps you to reflect in your problem in more rational way.

Does marriage counselling work?

Marriage counselling deals with varied issues ranging from work related issues, compatibility issues, unrealistic expectations from each other, domestic abuse, and many other issues. Counselling in these areas works when both partners work equally with the therapist, have a common goal towards their relationship to work on the issues and create a happy relationship.

What can we expect from couple's counselling?

In couples counselling you gain a new perspective about each other and relate in a better manner to each other.