

## MARRIAGE COUNSELOR: THE KEY WHICH OPENS THE GATE TOWARDS PEACEFUL LIFE

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With changing lifestyle and modernization in our culture, differences of opinion can be witnessed in a family or a peer group. But in most of all, the institution of marriage has taken a toll. Rates of divorces are just getting higher. Marriages are regarded as a sacred union. But then why these cases are arising? What can be a solution to tackle this problem or rather to save the relationship?

Expectations of a wife or a husband from each other and its unfulfillment create a trouble. Also yes the interference of a third person that is anyone from each families also is a reason of fight between the couple. Relationship becomes frustrating and the result is couples decision to part ways. When there are differences in a couple mostly family, relatives and friends play a key role of a mediator because of their closeness to the couple. But since when two people are in a fight the tension, rift and frustration takes a toll making it impossible to harmonize or to at least bring a peace. Disagreement only prevails. And in this situation above mediator could either may become a reason for more arguments, fight or may himself could take a side of one of them and get involved in a fight. Since the above mediator is just a family or a friend he may not be in a position to understand the mental agony or psychology of them.

Only an expert in the field could understand what's going on technically. We all seek a therapist either for a health and fitness issue or for a beauty treatment. Then why not for to save a relationship? Sometimes we do get in a situation where we want to convey something to other but when we just can't, it's frustrating. Its only psychologist or a psychiatrist could understand or heal. So then why not for a problem in a marriage too?

The counselor is the key to solve this issue because of his expertise. Few years ago when a divorce used to get file, under

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Order 23 of Code of Civil Procedure the provision of reconciliation was given and the Judges were required to act as a counselor. Since the Judges were not expert psychologists the success rate was bit low. Then there was introduction of Family Court. Since from coming into existence of Family Court all family matters including divorce used to get entertained in there.

With the coming into effect of Family Court Act, 1984 it made it clear and compulsory to appoint a Counselor. Then there are Marriage Counsellors working voluntarily or through social institutions. The Counselor plays an important role in reconciliation. Or at least for getting the couple get divorce mutually. It's their role to work as therapist for couples, whose relationships are strained. Counsellors act as catalyst to defuse the aggravated emotionally charged spouses and are active listeners. Confidentiality helps individual to share their story which helps in identifying the problem, the source of reactive reaction and to reorganize the key emotional responses in the relationship.

With the kind of stress each spouse goes through, a special form of therapy is required which only a specialist that is a Counselor can give. A trained Marriage Counselor can help in saving the marital relationship. The couple if required is also referred to a psychologist or psychiatrist for various therapies. It is not easy to give counseling to disputed parties, or to even recognize their problem being an expert Counselor strives this.

By solving the problem the Counselor not only helps the judiciary but also he helps in saving the institution of marriage. Since there is lot of pressure on the Counsellors to follow the technicality, it's difficult for them to bring good results. Lots of time and patience is required for counseling but Counsellors are not given enough time. In practicality counseling results in mutual divorce more rather than in reconciliation.

Nevertheless, there are instances of couples coming together again and leading a good and happy marriage. The Counsellors do sometimes take a help of the kids of the couples to bring them together. Kids are a bridge which helps to bring this two together. He gives life to a broken relationship giving new hope for irrevocable breakdown of marriage. Counselor patches the broken relationship.

Few couples do take counseling even after the matter is over in the court to strengthen their relationship. After getting divorce few couples got remarried too and this was only because of good counseling. Even it is not that easy to get the couples divorce mutually when both were at logger heads. It is Counselor's skill to cool them down by cracking their problem and cooling them down. Don't think any other person could do this.

It was a need of an hour to have a Family Court and a counselor when things were getting stretched out of a proportion in regular courts. No doubt the purpose is successfully solved. It is now really difficult even to think how chaotic it would have been if there were no Counsellors.

Counsellors do with the extent of becoming friends help the couples. Sometimes they do invite them at their homes or vice versa. Freedom should be given to the Counsellors so that they can bring the best from the couples. It is vitally important to have Counsellors so that the marriages can be saved. If not saved at least the end is not bitter. At least the divorced couple can lead their life without any grudges. Peaceful life is what we all strive to live.

### **Suggestions for Counsellors**

- \* A Marriage Counselor should try to work with any couple that is experiencing difficulties, even if the couple is unmarried couple.
- \* Besides the traditional focus on marriage, a Marriage Counselor should also provide treatment to couples before marriage, during divorce, after divorce and should even help couples deal with issues resulting from remarriage.
- \* Some of the conflicts that a Marriage Counselor may be called upon to help deal with include: communication difficulties, anger management issues, infidelity, parenting differences, financial problems and even substance abuse problems. Basically, they should be open to deal with any problem that is affecting the relationship.
- \* Although various forms of therapy are open to the Marriage Counselor depending on the Counselor's preferred method of therapy, most therapy is brief and solution focused. The Marriage Counselor should help the couple set specific goals and the therapy has an end in mind.
- \* One type of therapy that is widely used is behavioral marital therapy. This is one of the traditional methods of therapy

employed by a Marriage Counselor and works by attempting to teach partners how to communicate better and to be nicer to each other. They should use this type of therapy to improve a couples conflict resolution skills.

- \* The Marriage Counsellors must help the couples identify the emotional patterns of behavior that they repeat over and over.
- \* They should try to help the couple to avoid or overcome painful emotional reactions to the process of solving marital problems.
- \* They must try to motivate the couple to complete their plan to restore romantic love to the marriage.
- \* Must try to change the view of the relationship which has got bitter.
- \* Must check out for discomforts if any in the couple.

Counsellors are that key which opens the gate towards peaceful life. Thus the counselor plays a very vital role not only in judiciary but personally to the extent of harmonizing the couples. They become oxygen for the suffocating couple.

