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Marriage counseling: A Christian approach to counseling couples

Everett L Worthington

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Marriages are in trouble today. That is clear. Effective mothods of combating this trend are less evident. Counselors, pastors and social workers need more than mere theories or mere moralizing. They need a practical and comprehensive model for understanding couples and their problems. They need a throughly Christian perspective that is biblical, compassionate and human. Everett Worthington provides this in an integrated, biblically based theory of marriage and marriage therapy with analysis at three levels: the individual, the couple and the family. The model he has constructed, with techniques drawn from the major psychological schools, is standard enough to guide counselors in actual interventions and powerful enough to produce change. A thoroughgoing overview of the assessment process includes practical, workable guidelines for: creating realistic, mutually-agreeable goals for counselor and clients; estimating the number of sessions needed to reach those goals; and planning the actual assessment, intervention and termination sessions. Next Worthington offers specific techniques for enhancing cooperative change, intimacy, communication, conflict resolution and forgiveness within the marriage. But keeping couples from slipping back into old patterns is one of the counselor's most difficult tasks. So Worthington concludes with suggestions for solidifying change and effectively concluding the counseling relationship. Here is a text that will be a standard for counselors, pastors and mental health professionals in the years to come.

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