

FREE REPORT: DISCERNMENT COUNSELING CAN HELP.

Thinking of Divorce?

Discernment
Counseling
Can Help.

by

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Something good in the making

Greetings.

Hello there,

If you have requested this guide, then you or someone you know is probably thinking of divorce or separation. So, I am glad that you requested this free report on discernment counseling.

This free report is designed to answer the common questions about discernment counseling.

Although I recognize that not every marriage can be saved, I believe that a great many can be. Therefore, it is important to fully explore if a marriage can be saved before any serious actions are taken.

And regardless if you decide to work on your marriage or end it, the discernment process helps you learn about yourself. And that is a good thing.

I hope you find value in the information in this report and that it answers your basic questions about discernment counseling and how it can help you to decide to dissolve or repair a distressed marriage.

Joel Walton,

Licensed Marriage and Family Therapist, Lic No. 98304

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Why This Report?

A break-up, separation, or divorce is extremely stressful, even before it happens.

For the period leading up to it, tensions run high, judgements are clouded and decision-making is tough.

Did you know that research shows that most couples are no happier 5 years after a divorce and that 50% of divorced people regret the divorce or not trying harder to save their marriage.

Discernment Counseling can help. It can help you decide if you should work on your marriage or dissolve it.

It can also help you to weigh all the factors before making any decision, so that a more informed decision can be made.

And I think we can agree that a more informed decision is often a better decision.

What is Discernment Counseling?

Discernment Counseling helps couples decide on one of three outcomes:

- 1) Maintaining the status quo of the marriage and leaving it as it is;
- 2) Getting couples' counseling to improve or reconcile the marriage; or
- 3) Dissolving the marriage in the least harmful and most beneficial way possible.

Discernment Counseling was developed by Couples on the Brink Project founder Bill Doherty, who is also a Professor at the University of Minnesota and a Marriage and Family Therapist.

Because so many couples are thinking of divorce and hiring attorneys before they've really explored all the options, Discernment Counseling emerged to offer information, solutions, and a non-judgmental space for individuals and couples to express and fully explore their situations.

Thinking of Divorce?

How does one know whether divorce or staying together is right for them? How does one know whether their marriage can be saved or not?

Nobody knows what they don't know until the information they need is offered in a way they can understand.

Whether you're planning on a split and need to know the legal and financial changes to expect, or you're looking to reconcile, it's a weighty decision and requires planning ahead.

Let's be honest. Not all marriages can or should be saved. But there are so many variables involved in the decision that it's difficult to know the right course of action, all the ramifications, and all the possible choices you'll need to make.

Thinking of Divorce ...

Oftentimes, one partner wants out and the other wants to stay married, which can make arrangements even more complicated.

The national divorce rate is currently about 47%. I know you've heard that it's 50%, but that percentage was primarily determined by marriages in the 1970s, and you probably got married more recently than that. Forty-Seven percent is a very high rate of divorce, but even more alarming is the rate of failure for second marriages. Research suggest the failure rate for second marriage is nearly 75%.

Sadly, many of these second marriages are blended families with children. And studies show that the vast majority of people are no happier 5 years after the divorce, are worse off financially, and are possibly devastated by the emotional toll that a divorce can take.

So, discerning if a marriage can be saved or should be ended is serious business.

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Tara Parker-Pope

Is Divorce a Relief?

For some, divorce is a relief. However, reports indicate that about 50% of people in the US regret their divorces and wish they had tried harder to save their marriages. Yes, it's true, according to studies done in New Jersey and Minnesota.

Recent studies indicate that 50 % of people regret their divorce or wish that they had tried harder to repair it.

A recent study in the UK indicates that regrets after a divorce are not unique to the US. The findings revealed that 50% of those divorced in the UK wished that they had not ended their marriages. The same study revealed that a surprising 42% considered giving their relationship another go, even after divorce.

Do those numbers surprise you? They do most people.

I'm not saying that divorce is the wrong decision. I am saying that it's not a decision to be taken lightly, and that you owe it to yourself to fully consider whether a divorce is the best long-term decision for you and your family.

Treading in Uncharted Waters

If you or your partner are considering divorce, I get it. Your marriage is not working. You may be feeling that it's not what you signed up for.

Feeling hurt, disappointed, and angry is natural. You may also be feeling neglected, confused, wounded, and hopeless.

All these emotions are understandable and common when people turn to divorce as a possible solution.

Most people want closure when they're in pain, and the sooner the better. In light of the research that most divorced people are no happier after five years, does it seem more important to examine the issue carefully?

Discernment Counseling is one way to raise your odds of being happier after five years, whether or not you're married.

Treading ...

When you got married, you didn't imagine getting a divorce, so you're treading in uncharted waters if your marriage is in trouble.

You may even feel like you're going under and just want the pain to stop. But when you're drowning, you don't reach out for a rock. Most couples prefer something to buoy their spirits and find a positive way forward, whatever that means for them.

They want to know the legal, financial, custodial, and other questions they'll need to answer before making a move.

In short, are you wondering if divorce is the answer?

If you are, consider Discernment Counseling, as it could save you years of heartache, regrets, and second-guessing, no matter which option you choose.

You want to know legal, financial, custodial, and other ramifications before making a move.

How Does Discernment Counseling Differ from Couples' Counseling?

Couples' counseling is focused on improving one or more problematic areas in the marriage.

Traditional couples' counseling presumes that both parties want to work on the relationship.

Discernment Counseling is focused on determining (discerning) if the couple will work to save the marriage, improve it, or dissolve it.

Discernment Counseling is a discovery and assessment process intended to provide couples information they need to make an informed decision.

How Is Discernment Differ ...

Discernment Counseling is focused on determining if the couple will work to save the marriage, improve it, or dissolve it.

Discernment Counseling is not couples' therapy.

The decision will be made by the partners after reflecting and considering all the options available and ramifications. If a couple decides to mend the marriage, they typically commit to couples' therapy and a follow-up evaluation after 6 months.

When marriages are in trouble, it is not uncommon for couples to spend months or years in an indecisive purgatory.

Discernment counseling is designed to help you navigate this indecisiveness and help you to determine the best path for you.

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not couples'
therapy.

Is Discernment Counseling Right for Me?

If one or both of you are thinking of divorce, then Discernment Counseling may be right for you.

Many times, one party wants to keep the marriage together and the other wants to end it. This ambivalence is often referred to as "one leaning in and one leaning out." It's also called a "mixed-agenda couple."

If the couple decides to separate or dissolve the marriage, they can begin discussing how to take a collaborative approach, especially if children are involved. People often think of divorce as an event, but it's really a process with many steps and moving parts.

Discernment Counseling can minimize emotional distress or conflict, help parents get on the same page, and even reduce legal fees in some cases, as contested divorces are considerably more expensive than non-contested ones.

Is Discernment Counseling Right for Me?

Discernment Counseling can minimize emotional distress or conflict, help parents get on the same page, and even reduce legal fees in some cases, as contested divorces are considerably more expensive than non-contested ones.

In California, for example, the average cost of a divorce attorney is between \$12,000-17,000 if there are no children. For marriages with children, costs can be over \$20,000.

Running two separate homes while deciding can add many thousands of dollars to the cost and erode sleep, clear thinking, and general wellbeing.

Clarity and discernment in these cases is very cost-effective.

What Should You Expect in Discernment Counseling?

Expect to have some sessions with the therapist separately, and others together.

Your first sessions will include two important questions.

- 1) What you have tried to repair the relationship up to this point?
- 2) Why are you considering divorce or separation?

Expect to have some "homework" in between sessions.

What Should You Expect ...

"Homework" is targeted at making the sessions more effective and productive, rather than trying to bring the couple together.

This includes reviewing the strengths and weaknesses of both parties to confirm that they are both capable of sustaining a healthy relationship, and making appropriate recommendations to reduce stress during this time.

Discernment Counseling is not a magic pill that can solve marital problems in one or two sessions.

Discernment Counseling's sole focus is to create a supportive environment with enough information and reflective question-answer sessions to help couples make their own informed decisions.

How Long Does Discernment Counseling Take?

Typically, Discernment Counseling consists of 5 sessions, scheduled once a week.

The first session may last 90 minutes to 2 hours. In this case, it is a blending of the first and second sessions.

I typically meet with couples together for the first session. Then schedule to meet with both parties individually.

The remaining sessions are typical 50 minute sessions as the couple moves toward greater clarity.

Ideally, this process take a month. Due to scheduling conflicts, it can take longer.

How Much Does Discernment Counseling Cost?

As with most things in life, rates will vary. Some therapists charge by the session, and some therapists charge a flat fee. Flat fee rates typically includes up to 5 sessions.

Discernment Counseling is NOT long term couples' counseling. It should be no more than a handful of sessions.

Your therapist should be transparent about the session fees, any assessment fees, and should be able to give you a quote or price range after an initial interview or consultation.

I charge a flat fee, that includes all assessments and 5 sessions.

Additionally, I offer a no-cost, initial consultation for Discernment Counseling or other needs.

Next Steps

If your marriage is in trouble and one or both of you are talking about divorce, then I encourage you to explore Discernment Counseling.

At least take us up on our free initial phone consultation.

There is no magic pill, but seeking professional help to augment your decision-making process may save you years of misery and thousands of dollars.

It can help reduce ambivalence, tension, and confusion while providing essential information, self-assurance, validation, support, and clear choices.

What further questions do you have? Ready to schedule a short phone consultation?

Contact:

Joel Walton at **(916) 587-1948** or visit **MendedLife.com** today to make an appointment or schedule your free initial phone consultation.