

DELL CENTER FOR THERAPY

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# MAKING YOUR MARRIAGE WORK

> A COMPLETE GUIDE TO COUPLES COUNSELING

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TOOLS THAT CAN BE USED IN YOUR EVERYDAY LIFE.

# WHAT WE ARE GOING TO COVER

## 01 GETTING STARTED

How to select the right therapist

What to look for in a therapist and understanding the difference between licensed and unlicensed professionals.

## 02 IDENTIFYING THE CURRENT SITUATION

Reasons to see a therapist

Discover the different phases of a relationship and the common reasons why people explore marriage counseling.

## 03 BENEFITS

Learn how counseling can help

Marriage counseling isn't just for newly weds or infidelity.

## 04 TIME

Leading to the end

The most valuable asset we have is our time. How long will it take to fix the relationship.

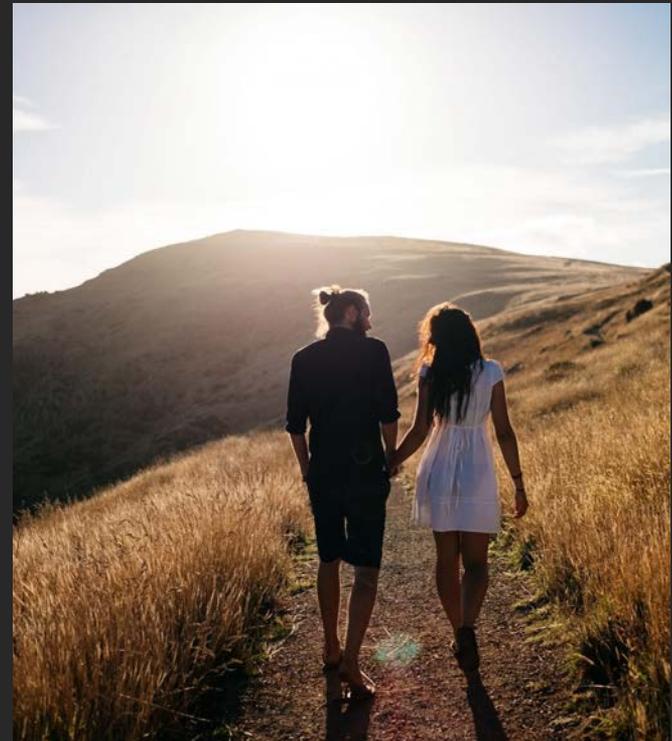
# WHAT WE ARE GOING TO COVER

## 05

### TECHNIQUE

What modalities are used in couples counseling

There are various techniques and modalities employed by therapists.





# ABOUT THE AUTHOR

## The Story

Jessica Dell, LCSW is the founder and lead therapist of the Dell Center for Therapy- A therapy practice focused on common issues faced by individuals and families.

Jessica uses multi-modal approaches in her practice such as: Cognitive Therapy (CT), Cognitive Behavioral Therapy (CBT), Solution Focused Brief Therapy (SFBT) and Narrative Therapy. Jessica hosts Refresh With Jess - a weekly show- on YouTube. Additionally, Jessica has appeared on many TV programs, radio shows, podcasts, newspapers and online articles as an expert in her field.

# INTRODUCTION

In this guide you will find the recipe for fixing a broken marriage, recovering lost love, or growing the love that already exists. When you decide that it is time to take a look at one of the above, you will need to begin with finding the right therapist. Additionally, when finding the right therapist, it is important to be able to verbalize what your goals are for therapy, in order to know if the therapist you are interviewing is able to assist you in achieving those goals. There is a wide array of reasons for taking the leap to enter marriage counseling,

and it is important to be able to acknowledge which issues you know you are facing and gain help identifying what you may not be aware of.



# GOALS

Goal setting is one of the most important aspects of marriage counseling as it lays the framework for what you will be actively working towards in counseling.

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*The benefits of counseling are endless and priceless. It is important not to focus on the time frame or the cost, but more on the goals and objectives you are trying to achieve. There are many different modalities commonly used for couples counseling so it is important to learn which one your therapist is using and do some research to be sure it is the right fit for you and your partner. Finally, enjoy this helpful guide!*

*Your relationship  
happiness starts here!*

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# GOAL SETTING

Goal setting is a vital part of making progress in couples counseling. Without goals, we have nothing to work towards. With goals, we have the ability to create a path.

Goal setting involves short term and long term thinking. Short term goals can be very powerful tools for initiating change. It is important to think about these goals as measurable and attainable.

For example, a short term goal for couples counseling may be to have one hour of daily connection time. This is something we can measure because there is a time frame associated with it and it must be completed on a daily basis.

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# GOAL SETTING

However, if a couple is on completely opposite work schedules and they barely see each other for more than 20 minutes a day except for weekends, this would not be an attainable goal, and would therefore not be realistic to set.

**Goals must be measurable, attainable, and therefore realistic.**

Long term goals are also vitally important to the therapeutic process as they give couples an idea of what to work towards in the more distant future. So, if we see that the short term goals are not in line with the long term goals, it gives us more information to work with and adjustments can be made. An example of a long term goal may be to decrease feelings of resentment or to improve communication skills.



## WHAT IS THE PROBLEM AND WHY THERAPY?

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Can you identify what the problem(s) are? Are there issues with communication, control, attraction, sex, or complacency? Do you often find yourself arguing or feeling upset but you're not even sure why? Whether you know exactly what your issues are, or are somewhat unsure, but know you don't feel happy in your relationship or feel you are in need of relationship improvement, you're in a good place to start thinking about getting help.

FOR SOME, DESIRE TO SEE A THERAPIST MAY INCLUDE REASONS AS SMALL AS DAILY DISAGREEMENTS OVER WHO TAKES THE TRASH OUT AND WHO WALKS THE DOG FIRST THING IN THE MORNING.

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For others, they wouldn't even consider seeing a therapist until their spouse has threatened to divorce them and thrown their clothes on the front lawn. Whatever the situation may be, it is important not to lose hope. We believe that even those couples facing the worst of circumstances, can ultimately be helped. Therapy can help couples go from feeling like angry roommates to passionate lovers and best friends.





## COMMON ISSUES FACED BY COUPLES:

- Unhealthy Communication
- Control
- Infidelity/Cheating
- Daily Disagreements
- Different Parenting Styles
- Lack of Intimacy
- Complacency



# FUN STANDS FOR

**FOUNDATION**

**UNDERSTANDING**

**NEWNESS**

FUN was created by Jessica Dell as her 3 step approach to renewing happiness in relationships. Through counseling, we want to help you lay a healthy, strong, and supportive foundation that will stand the test of time. We also want to help you understand one another in a deeply emotional and intimate way. Lastly, we want to create the feeling of newness, so that you feel refreshed and ready to tackle anything that comes your way in the future, together, as a strong, improved couple. This is more than just a “remodel” of your relationship. This is a “rebuild.”  
Together, we will rebuild your relationship with FUN.

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# WHAT ARE THE BENEFITS OF COUPLES COUNSELING?

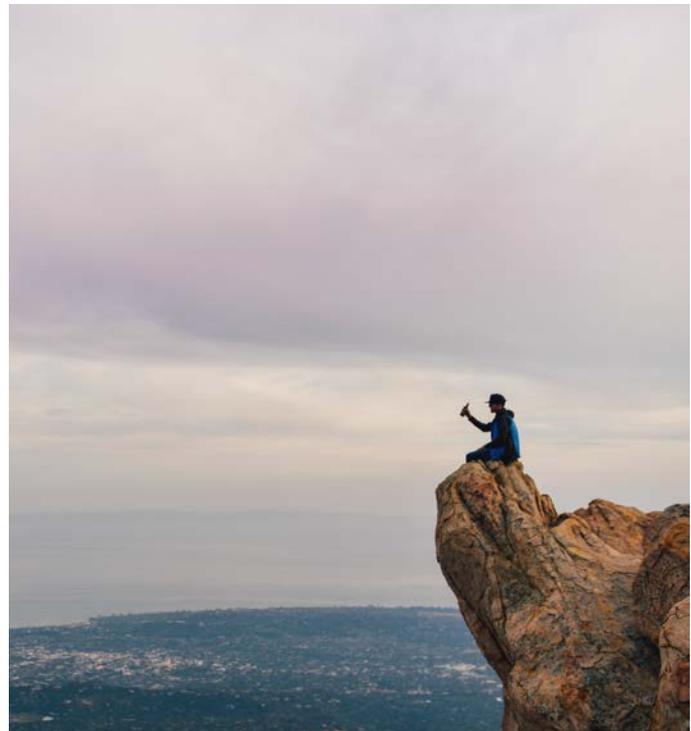
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*The benefits of counseling are endless! We as individuals are continuously evolving and therefore we as couples are always evolving.*

*We can always do better and be better for ourselves and our loved ones. Even the happiest couples in the happiest of circumstances can experience lulls and complacency. It is just as important to seek counseling when struggling as it is to seek counseling when thriving.*

*Couples will often feel embarrassed to let their friends or family know that they are in counseling. This is because they have attached a negative meaning to the idea of counseling. Instead of believing that counseling is beneficial for everyone as we are all humans constantly evolving and needing to be our best versions of ourselves and best versions of our “coupled selves” there is often a belief that something has to be “wrong” for counseling to be recommended. Benefits of couples counseling can include but are not limited to, improved mood and energy, improved physical and emotional intimacy, improved communication skills, improved financial health, and higher levels of daily enjoyment and overall happiness.*



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# LENGTH OF COUNSELING

There is no specific time frame for counseling. No two couples are the same and therefore there is no way to measure exactly how much time it will take to help a couple reach their goals. More important than focusing on time, is focus on a commitment to taking whatever time necessary to reach your goals. When couples are able to commit to the therapeutic process, whether that is three months or three years, they have a much greater chance for success.



# **FINAL WORD FROM JESS**

**THANK YOU VERY MUCH FOR MAKING IT ALL THE WAY TO THE END. I KNOW WE COVERED A GOOD AMOUNT IN THIS GUIDE, YET THIS IS ONLY THE FIRST STEP ON A LONG JOURNEY.**

**THIS GUIDE WAS INTENDED TO GIVE YOU A BASIC LOOK INTO COUPLES COUNSELING AND ANSWER THE QUESTIONS I AM FREQUENTLY ASKED BY NEW PATIENTS.**

**THE FIRST STEP TO IMPLEMENTING AN EFFECTIVE PLAN TO WORK ON YOUR RELATIONSHIP IS TO SCHEDULE MARRIAGE PRESERVATION CONSULTATION WITH ME.**

**IF YOU HAVE QUESTIONS QUESTIONS OR COMMENTS FEEL FREE TO REACH OUT TO ME AT 561-227-9007 OR VIA EMAIL AT [JESSICA@THEDELLCENTER.COM](mailto:JESSICA@THEDELLCENTER.COM)**

**I LOOK FORWARD TO CONNECTING WITH YOU SOON.**