

WHAT IS COUPLES ONLINE THERAPY AND HOW WOULD IT WORK?

Introduction



Couples therapy, which is popularly referred to as marriage counseling is a type of therapy which assists couples to identify the source of problems in their relationship and develop a means of solving them.

This therapy exists for every couple who is passing through some challenges or difficulties; hence, wish to overcome them and strengthen their relationship.

[Sustaining a successful marriage](#) involves great task as no couple is completely free from ups and downs of this challenge.

Do you want to strengthen your existing marital bond or simply want to repair an already strained relationship? Couples online therapy can really be of a great help.

With the availability of online chats, speedy message transmission, video/audio recordings and the increasing popularity of the internet, numerous people are now patronizing couples online therapy. You can be

[linked to a couple's therapist](#), right from the comfort of your home. Many people have received solution to their dating problems and marital challenges via couples therapy.

Causes of Marriage Problems

There are many reasons why marital problems occur. Few among them are lack of communication, emotional neglect, lack of sexual intimacies, boredom and infidelity. The inability of couples to identify what causes this problem often results in confusion and relationship breakage. In some instances, many issues that are often hidden among couples as a result of breach of trust, anger and misunderstandings are revealed through couples therapy.

Many marriages have been saved from hitting the rock through knowledgeable, experienced, competent and seasoned online couple's therapist.

Benefits of Online Therapy

There are many benefits associated with couple's online therapy. Few will be discussed here.

First and foremost, it is opened to couple who live in far away areas that are not easily accessible to couples therapist.

Secondly, a spouse may be unwilling to attend the traditional marriage counseling as he or she may lack the confidence to open up his or her intimate and personal matters to a stranger. In couple's therapy, such a spouse need not physically appear in a therapist office.

Couples online therapy is a solution to this problem. Your marriage can be saved without physically seeing a therapist on a weekly basis and you will find it easier to discuss your marital issues and be more open to comfortably reveal your problems with your spouse.

Thirdly, couples online therapy educates and enlightens you on:

- how to protect your relationship from infidelity
- effective conflict management
- efficient communication
- proven skills and
- Several online resources to help you fix your marriage.

Besides, it is easier and more affordable.

How Couples Online Therapy Works

Unlike in a [traditional therapy where couples attend therapy sessions](#), [couples online therapy](#) use various means like telephone conversation and live chat sessions to approach marital problems.

In-depth counseling can also occur through email. These therapists strive to ascertain the root of the problem and devise a plan for improvement. It is expected that couples follow the therapist recommendations and tackle issues as they arise.

You will be required to answer specific questions from your therapist. These questions should be answered openly and honestly to which you will receive feedback that will teach you how to start fixing your marriage. Your answers are tailored specifically for your situation.

Choosing the Right Therapist

There are various couples online therapy sites on the internet. Prior to patronizing any of them, you should verify their trust worthiness so that you don't fall for scams. [Verify the certificate, qualification, experience and competence of the therapist](#) and ensure that he or she is licensed to perform the task.

Cost of Hiring a Couple Therapist

The Cost of hiring a couple therapists varies on the extent of service required. Typically, intensive therapy cost more than question and answer session. While some charge per minute, others render their services free at the initial session. Irrespective of the cost, never lose hope on your marriage. Do a thorough research for an online therapist and get prepared to settle the appropriate professional fee.

Conclusion

Is your marriage passing through challenges? Consider couples online therapy today for prompt intervention and restoration.