

## Discernment Counselling: Before you call it Quits

Divorce is a decision with far-reaching impacts, as research has shown, even into future generations. Discernment counselling, created by William Doherty, Ph.D., can help you and your partner find greater clarity and confidence in your next step. For some couples, the process helps clarify their decision to separate, and for others, it's a time of discovering the courage to try rebuilding — with your current partner — a new and stronger foundation.



When couples are unclear about what direction their relationship is headed, and when one or both partners feel ambivalent about really working on the relationship, discernment counselling is often a great option. Discernment counselling is different than couples therapy. In a very structured format, with a maximum of 5 sessions, couples are guided — together and individually — through a process of honest, compassionate clarification about their commitment to the relationship healing/growth process.

Doing couples therapy before both people have two feet in the room leads to predictably negative outcomes. Discernment counselling promotes personal accountability and honest, mindful investigation in a safe and nonjudgmental atmosphere. For couples that ultimately split up, there is greater closure, and for those that decide to commit to working on the relationship, therapy is generally much more productive since both partners have committed to the process.

### Discernment Counselling vs. Couples Therapy

Discernment counselling is a great idea if one person is ambivalent about whether or not they want to work on the relationship and make it work. By just jumping into couples therapy with that sort of ambivalence, it is much less likely to be successful. Often the reluctant partner can simply attend in order to be able to say they tried. Actually wanting it to work is another thing. And for couples that decide to split up, discernment counselling can help them find a greater sense of peace and resolution with the decision. Discernment counselling is different from couples therapy, in that it does not presume that both people share the agenda of improving their existing relationship. Couples therapy invites partners to connect more deeply and to rebuild those places in their relationship that may be shaky or stuck. When one person (or both) is not sure they want to recommit to their existing relationship, discernment counselling is often a much better starting place.

For more information, please go to: [www.discernmentcounseling.com](http://www.discernmentcounseling.com)