

MEDIATION and MARRIAGE COUNSELLING



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Mediation, Matrimonial Disputes and Counselling

Marital problems might occur due to,

- Unfulfilled basic needs
- Misunderstandings
- Alcohol addiction
- Dowry demand
- Ego problems
- Adamant differences in opinion etc.

A few alternatives to legal remedies could be-

1. Mediation.

Mediation is a form of Alternative Dispute Resolution (ADR) which aims to assist two or more persons involved in a dispute in reaching a mutual agreement. The content of that agreement is decided by the parties themselves rather than accepting something imposed by a third party.

Mediators are those professionals who are impartial, unbiased and who use appropriate techniques and skills for an effective dialogue between parties.

2. Marriage Counselling.

Marriage Counselling is also an excellent way to figure out as to what to do. The marriage counsellor will ask questions that help one think more clearly about what is going on and what he/she wants. The marriage counsellor will help the parties to communicate better with each other and provides innovative ways to resolve conflicts. As Divorce is such a step that can have impact on the parties, their children and their extended families, counselling should be one method to overcome the problem of matrimonial disputes.

Counselling is therefore an useful mean of saving or ending the marriage peacefully. By counselling the spouses gets a safe place to share their feelings about the divorce and the relationship.

An experienced counsellor can help the couple save the

marriage by pointing their own mistakes instead of ending up their relationship.

There have been many cases where counselling has played an important role and improved mutual understanding and saved the relationship.

The counselling centres should concentrate on the improvement of interpersonal relationship.

Importance of adjustment must be explained to the couples through counselling.

Suggestions for marital issues.

Personal family issues should not be discussed in front of neighbours, friends or any third person because they do not know the actual worth and position of your spouse in your life. Unnecessarily spreading your personal problems does little to solve the issue. In most cases it magnifies the problems.

Due to role conflict, marital conflicts occur. Awareness of roles and responsibilities and its performance is an essence of preventing marital conflicts.

Family organization programs should be conducted to prevent family disorganization and to understand that family is the real strength of a person.

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