

Why communication skills will not save your marriage.

Hi guys, Irina Baechle here- a licensed relationship therapist at IrinaBaechleCounselingLLC.com. Today I want to take a quick couple of minutes to talk about something that a lot of my clients, and especially couples, mistakenly come to see me and mistakenly think that they need help with, which is communication skills. I will also explain exactly why communication skills is not nearly enough to build healthy relationships and healthy marriage.

I really wanted to talk about this topic of communication skills right now and make this video because I just finished an individual session with a client of mine, who is also doing couples therapy with her husband and this couple's therapist has been teaching them how to improve their communication skills and their marriage has not been seeing a lot of progress... And so, what are communication skills, right?

Communication skills are the skills that help us to better communicate, that's pretty self explanatory. So, for example, things like "I statements" where I say "I feel this when you do this." For example, I might say "I feel sad when you ignore me." Or reflective listening skills like, for example, "Well, it sounds like you don't give a shit about what I have to say." Or things like calm tone, calm voice, come language, calm body language and things like that which is not wrong information, it's not...it can be very helpful and it's not wrong and it can be helpful when we know we have to, you know, get our shit together and like when, you know, in professional settings when we are talking to our boss, when we are talking to our teacher...our child's teacher, but it just does not apply and does not work when it comes down to romantic relationships between two people who love each other and who care about each other so much. Because let me ask you this- how many of you felt that or feel that you are intelligent and you are smart and you accomplished but all these knowledge of what you should do and what you should not do and what you should not say just goes out of the window the second when you feel like in a battle mode with your husband? Right? Many of us can relate to that! And it's not for no reason- actually because research shows that couples who were taught communication skills are not doing much better in their marriages as oppose to couples who were not taught communication skills, and research also shows that because we are creatures of habit, we lapse into our old patterns of behaviors often times in the middle of the fight and so everything we can intellectually understand and know is not relevant anymore.

So, this is very important to understand because communication, learning communication skills is just going to get you to the symptom reduction on a very basic superficial level and then if you don't work with a couples therapist who has training in different methodology, say EFT which is the one I am trained in as an Emotionally Focused Therapist, which is the methodology based on 30 years of research and goes far beyond just communication skills, you won't be able to get to the root of the problem and you will feel bad. And maybe you will be able to feel 20% or 30% better but that's about it, you are going to be stuck there.

So, please when you are looking for a couples therapist, ask what kind of training they have, ask what kind of methodology they are using because this is very important, it's very different from an individual therapy. Okay, so I hope this was helpful. I am going to be talking a lot more about this in more details in my eBook I am writing right now but I just wanted to pop in and make this very quick video to guide you in, you know, the write directions so that you don't waste your time and money into something that is not going to produce you results and research even shows and proves that right now okay, so I hope this was helpful and I will see you soon.