

Recovering from Marriage Disasters

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www.edencounseling.com (RECORD)

Paul VanValin

- Preacher's Kid (PK)
- Married 38 years with three married sons
Clinical Psychologist and founder of ECC
- President of Eden Leaders Institute, Inc.

Mission Statements

- Paul: To help you see who you truly are and live as if you truly believe
- ECC: To provide excellent Christian professional counseling and psychiatry services through innovative service delivery while developing effective leaders
- ELI: To equip leaders to develop healthy families, dynamic communities and meaningful legacies

Eden Counseling

- Founded 1995
- First Counseling Assistance Program 1997
- International Outreach 1998
- FirstFruits Crisis Response 2001
- Marital Intensives 2006
- Executive Chair Franklin Graham Festival 2007
- Eden Leaders Coaching and Consulting 2015

Eden Counseling Today

- 24 Licensed Therapists
- 6 to 8 professionals in training
- 1 Adult and Adolescent Psychiatrist
- Clinical Intensive Team
- Leader Coaching and Consulting Team
- 700 patients a week
- Over 120,000 people served since 1995

Disaster (Webster's Online)

- : something (such as a flood, tornado, fire, plane crash, etc.) that happens suddenly and causes much suffering or loss to many people
- : something that has a very bad effect or result
- : a complete or terrible failure

Marriage Disasters - PV

- Anything that alters the perceived Identity of the marriage, family or one of the spouses in a manner that one or both spouses perceives as disastrous or irrecoverable.
- Disasters predict divorce with 80 - 90% probability

90% Divorce

- Adultery
- Death of a Child
- Gastric Bypass Surgery

Disasters with Variable Divorce Rates

- Abuse
- Addiction
- Theft
- Illegal activity resulting in incarceration
- Poverty
- Radical changes in values and behavior (ID change)
- War and acts of Terrorism (stats from 911 and Oklahoma City)

Disaster (marriage insert)

- : something (such as a discovery of adultery/addiction/theft/deception or death or extreme stress including war and terrorism) that happens suddenly and causes much suffering or loss to the marriage
- : something that has a very bad effect or result (gastric bypass surgery)
- : a complete or terrible failure (neglect, loss of Identity)

Disaster for VanValins

- Adultery
- Divorce
- Midlife Crisis for a 29 year old
- Who am I? Who is going to love me? What am I going to do with myself?
- 6 hours a day counseling and encouraging
- 2 to 3 x a week contact for a year

God Redeems Disasters

James 1:2-4 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Romans 5:3-5

- ...we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Factors Affecting Divorce Rates

- Isolation/Lack of Community
- Friends and Family Encourage Divorce
- New Love Interests – Adultery and Child Birth
- Economic Capacity to Live Apart
- Reduced Shame due to Anonymity
- U.S. culture expects divorce
- Hedonism – It is unacceptable to feel bad

Happiness/Well Being

- Positive Emotion
- Engagement of the Mind
- Relationships
- Meaning
- Achievement
- Hedonism does not lead to happiness
- Addiction = P,E,R but harms M and A

Marriage Counseling Success

- Certificate of Divorce is a Marriage Death Certificate
- Meta analysis of secular marriage counseling yields 10% of couples improve
- VanValins see over 90% improvement

Factors in Counseling

- 10% attitude of counselee
- 15% quality of relationship with counselor
- 25% skill of counselor
- 50% impacted by life events and other relationships and acts of God

Recovery in 12 months

- Discovery
- Get Help: Friends, Family, Pastor, Book, Counseling
- Forgiveness: You deserve death but I will not harm you.
- Autopsy of the marriage
- New boundaries, goals and habits
- Renewed commitment
- Health community

Eden Method

1. Increase Positive and Decrease Negative
2. Fix a few things
3. Improve communication
4. Restructure to improve: Time, Attention, Touch
5. Confession, Forgiveness and Reconciliation
6. Dismantle Landmines

Eden Tools

1. Romance Builders, Anger Expression Scale with Time Outs, Prayers
2. Brainstorming for Problems
3. E.V.E. in emotional and rational contexts, nonjudgmental stance
4. Distraction Reduction
5. Five-Point Confession with Recovery Plan
6. SEARCH for Safety and Safety Days Training

Eden Intensives

- Counselors, Pastors, Health Professionals
- Three to Twenty-One Days
- Twelve-Month Follow-Up
- Statistically Miraculous

You Can't Do It Alone

- Proverbs 11:14 For lack of guidance a nation falls, but victory is won through many advisers.
- Hebrews 10:24 And let us consider how we may spur one another on towards love and good deeds.

Marriage Counseling and Mentoring

- 4 Session Marriage Counseling training
- Essentials of Premarital Counseling
Counseling and Marriage Mentoring
- One year program to develop Marriage Mentors – start with intentional relationships