

Who can you *trust* for Christian Marriage, Family, and Individual Counseling?

- We offer affordable, effective, ethical and spirit-led counseling from a faith-based perspective
- We also help people who are not Christians with what we call a “traditional” counseling approach
- We counsel couples, families, and individuals of all ages for various problems.
- We also have helpful therapy groups and informative classes
- We are committed Christians (three are ordained ministers) who provide caring counsel in a safe place for the healing and strengthening of people and their relationships

Fees and Appointments:

CPCN is supported by the fees paid for counseling services. Fees are determined by one’s ability to pay and the counselor’s expertise. We accept insurance or can set up other arrangements.



Cedar Park Counseling Network.

*We Care.
We Can Help.*

Our offices are located in:
*Kenmore, Bellevue,
& Monroe*

Call: (425) 939-1490

Fax: (425) 485-8369

www.cedarparkcounseling.org

Building Healthy Marriages



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*We Care.
We Can Help.*

Do you know the 7 Warning Signs of Unhealthy Marriage?



Recent research shows there are 7 clear signs that a marriage is headed toward divorce¹:

1. More negative emotions than positive (5:1 ratio)
2. Critical (women), withdrawn (men), defensive, or spiteful attitudes
3. Attempts to “fix the marriage” fail
4. The couple sees only negative views of their shared past or present experiences
5. Increasingly destructive behaviors — closing down emotionally or feeling overwhelmed by each other
6. Significant physical signs of stress when the couple interacts
7. He refuses her input, they stop speaking, he becomes aggressive or defensive, she criticizes him, and distance develops

Helping “Embattled” Couples

Marriage counseling involves more than improving communication styles, mending personality problems, or solving disagreements.

New problem-solving patterns must replace old ones, and “power” struggles need to be transformed into healthy, loving interactions.

Troubled Christian Marriages

Did you know that born-again Christians are just as likely as non-believers to experience the destructiveness of divorce?

Christian marriages and families fall into the same traps as people outside of the Church.²

Overall, 33% of all born-again individuals who have been married have gone through divorce, which is statistically identical to the 34% incidence among non-born-again adults.”³



¹ John M. Gottman Seminar, “Marital Therapy: A Research-based Approach.”

² Dennis Rainey, *One Home at a Time* (Focus on the Family Press).

³ The George Barna Group (www.barna.org).

³ Dr. James Dobson, *Marriage Under Fire* (Multnomah Press).

When a marriage is falling apart, what can be done to heal it?

Marriage Is Under Attack

News headlines proclaim advances for anti-biblical lifestyles every day. The “traditional” marriage, they say, is irrelevant and must be replaced with a “new morality.”

But you know the Word of God and the many benefits godly marriage brings to men and women and their children. You understand that the Church and our nation are strengthened as people find success in biblical marriages.

Our counselors can help. We work to build Godly marriages in which couples

- Willingly forgive and are forgiven.
- Compromise and appreciate each other when problem solving.
- Are unshakably committed to their marriage and to each other.
- Accurately understand each other.
- Are satisfied with the way decisions are made in their relationship.
- Mutually submit to each other.
- Frequently express love and affirmation .
- Agree to greatly reduce negative reactions to each other’s behaviors.
- Lovingly care for each other (and for the relationship) prior to any interaction that involves conflict.