

Counseling Helps Couple Resolve Conflict

Agency: Sioux Falls Psychological Services

Program: Marriage and Family Therapy Clinic

Service: Provides counseling services on a sliding fee scale based on family size and income. Master's level graduate students and faculty supervisors lead the counseling sessions that involve situations that include children, marriage and couple relationships, divorce or separation, depression, anxiety and more.

Need: The basis of successful modern marriages is now "relationship knowledge" - creating a need for relationship education for couples. Divorce rates for those who cohabit more than once are more than twice as high as for women who cohabited only with their eventual husbands.

Impact: Sioux Falls Psychological Services provides the community with a low-cost option for counseling services. In addition to providing high quality services at a low fee, the Clinic is also able to keep their waiting list minimal, typically seeing clients 2 to 3 days after their initial call.

"We had known of each other during both of our first marriages," starts Amy, explaining how she and her fiancé Sam fell in love. "This summer, we were both single, happened to meet up, and he swooped me off of my feet. He was like Romeo, Prince Charming, it was like a love story you would see in the movies."

Amy adds that it was a once in a lifetime love that happened at the right time for both of them. But a traumatic event put a strain on their fairytale romance.

"People think that they are above counseling, or it's embarrassing to use counseling," explains Sam. "But it's the complete opposite of that, why would you want to wait until you need help?"

Sam and Amy found their help through the Marriage and Family Therapy Clinic, a program provided by Sioux Falls Psychological Services.

"We own our own business," adds Amy. "And don't have insurance coverage for counseling. The Marriage and Family Therapy Clinic was a great solution for us, because of their sliding fee scale, we were able to afford the counseling we needed."

The Marriage and Family Therapy Clinic is able to offer affordable therapy for families, couples, and individuals that do not have insurance by combining the resources of master's level graduate students in Sioux Falls Seminary's counseling and marriage and family therapy programs with the administrative resources of Sioux Falls Psychological Services.

"Our counselor is here to listen to us, to care about us," continues Amy. "It's different than sharing with our family or friends, she's helped us learn positive self talk, breathing techniques, how to be less defensive— ways for us to help calm down."

"They've really helped us in a short amount of time to put closure on nightmares that would have arisen in the future without their help," adds Sam. "It is a comfortable setting, a non-threatening environment. The tools they've given us helps us not only confront issues with our counselor but at home as well."

And thanks to your investments in Sioux Empire United Way, the funds Sioux Falls Psychological Services receives will enable them to continue serving over 1500 individuals through their Marriage and Family Therapy Clinic last year.

"It's been so wonderful to let things out here, now we're able to walk out of here with no baggage, and continue planning our marriage and future together," ends Amy. The couple is planning their wedding for Valentine's Day, another romantic chapter in their fairytale love story.

