

Let's Talk

THE COMMUNICATION HIGHWAY

HOW TO TELL A GOOD MARRIAGE COUNSELING FIT? by Dr. Dennis O'Grady—New Insights Communication

Choosing change as a couple is a bit unnerving but courageous. How to tell if a marriage counselor is right for you and your partner and worthy of your time, trust, and money?

DEGREE. Titles can be confusing. Psychologist, counselor, social worker, psychiatrist, psychotherapist. The higher the degree typically equates to a marriage counselor being able to skillfully guide you and your partner through a relationship impasse.
—I have both counselor and psychologist degrees including the Doctor of Psychology.

EXPERIENCE. In general, years of actual “in the trenches” real life clinical experience does matter as it does in any undertaking. More years equals more experience and chances your situation has been successfully addressed hundreds of times.
—I have 40+ years of all-encompassing experience ranging from effective couple communication to training leaders in corporations.

FAIRNESS. Side-taking by the marriage counselor will further divide you and cause unnecessary strife. There can be an unspoken bias toward the opposite communicator type of the therapist.
—I work as a “translator” to help each partner know empathetically how to change what isn't working.

SYSTEM. A clearly defined couple psychotherapy approach that works 95% of the time speaks volumes for normal couples like you.
—I am the founder of the *TALK2ME*© approach which hundreds of couples' claim is quickly effective, upbeat, and even fun.

WRITINGS. More public exposure the better. Books, podcasts, public presentations, current blogs all signify an ongoing commitment to solving your relationship problem quickly.

—I am the author of dozens of books/podcasts/seminars/ including the 2021 landmark book *Communicate Like A PRO: Tools that forever change the way you listen, love, and lead*. I am the former president and current board member of the Dayton Area Psychological Association.

FIT. Go with “the vibe” you get when you speak to the marriage counselor preferably by phone. A good sign is when your call or email is respectfully returned within 24-hours.

—I am quickly available to my couple clients and will tell it straight what tools you both need to be adopting to get the results that you would like to see in your evolving relationship life. My attitude will be honest, caring, and confident.

TOP QUALITY. You want the highest quality of service in the shortest amount of time for the most important relationship to your happiness—with your beloved life partner.

—You are paying to achieve fast results that “stick” and “customized tools” just for the two of you that will improve your couple happiness and resolve “sticky” conflicts. What is it worth to you to quickly solve relationship problems that are giving you headaches and keeping you up at night?

INSURANCE OR PRIVATE PAY? I do not accept insurance which requires diagnosing you with a mental health medical issue. Yet if you are not completely satisfied with the results of your first couple therapy session with me it is free.

I welcome meeting and talking with you and your partner if you're ready for a positive change to take place in your couple world.

Talk soon...

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**Learn even more by ordering my book on Amazon COMMUNICATE LIKE A PRO (O'Grady & O'Grady) or listen to my Communicate Like a PRO Podcasts on various platforms.*

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