

Marriage Psychotherapy Theocentric Techniques

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Dissertation: Psychology/Counseling Psychology
June 1, 2004

DISSERTATION

Marriage Psychotherapy Theocentric Techniques

A Final Paper in Fulfillment
of
**A DOCTORATE DEGREE PSYCHOLOGY/ DOCTOR OF MINISTRY IN
COUNSELING PSYCHOLOGY**

Prepared By Ella J. Monckton
For
Millennium Harvest Seminary

Marriage Psychotherapy and Theocentric Techniques

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Monckton, Ella J.
Marriage Psychotherapy Theories/ Ella J. Monckton. - - 1th ed.
Includes bibliographical references.

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Published by Millennium Global Ministries

MARTIAL RELATIONSHIPS IN ANGUISH

It has been estimated that 5 (4.6) million individuals marry each year (National Center for Health Statistics, 2001). The research reported 95 percent of U.S. adult women and men aged 75 and older report ever having married (Statistical Abstract of the United States: 2002, Table 55).

Numerous states are offering premarital education in the public school system. All students are required to take courses in marriage and relationship skills. This resource may be one way to teach students how to communicate before approaching the altar.

To help married couples in therapy counseling the counselor should be convinced its an obligation to discuss subjects relating to interpersonal conflicts.

Dr. Joyce Brother discussed the reason why men avoid discussing marital problems. She mentions...that wives usually want to discuss problems and resolve the disagreements, while the men avoid a blow-up.² Lester, Dowing Ph.D., Professor of Educational Psychology Brigham Young University. Relates the relationship of counseling techniques is effective and satisfactory to the counselee. He suggests the counselor must be skilled, and accurately informed; with the theories and concepts of counseling techniques and is qualified to employ the concepts.³ Theory and practice of Theocentric Counseling Techniques in marriage psychotherapy is combining family therapist. And the ministry with the philosophy, practice of each theory and a distinctive emphasis, we can learn from the problems oriented schools that clear communication assistance to improved relations.

Everyone has a natural compulsion to fondness and to impart and receive affection, respect, sexual pleasure and care. It is complex aspiration for affection that couples have an anticipation to achieve in the relationship. The contrary discord intensely immobile in mortal disposition is a fundamental compulsion opposite loving.

Numerous Individuals may experience incompleteness in their life, having the opinion that the compassion they desire well influences their personal survival. Consequently they have this inner conflict back and forth endeavoring desperately to enjoy the love they carve so deeply.

An examination discovered 25% of martial relationships were in anguish. The investigation discovered that a significant proportion were it fabricated negative miscellaneous to marital satisfaction, if wife or husband experienced the same or contrasted religion or did it matter what career field, level of education, or what their difference of point of prospect in any subject. It had no influence in the discontentment of the marriage relationship. Nonetheless, verbally abusive argumentative as performed frequent discussions or even thoughts concerning divorce were discovered to be predictors of marital annoyance ahead.⁴ My personal research and discussion with Child and Family Services, they emphasized it is important for a battered woman to realize she does not make the abuse happen. Remember the reverse is just as valid when a husband is in an abusive relationship, we don't hear about these explosions in life.

Conflicts and disagreements happen in every marriage relationship, but we must discover how to cope with the challenges; and make a difference by treating each other with consideration and respect. Child Family Services estimated that there are three reasons abused women may blame themselves. (1) The batter tells her it's her fault; (2) others, including police, social workers and counselors, may or act as if it's her fault; and (3) women in society are taught to blame themselves; especially for the problems in a personal relationship. The abuser in blaming the victim is a form of emotional abuse. A percent of marriage relationships the partners are cooperating, communicating effectively. In my research I discovered information in a group counseling session with the staff in an abuse shelter.

The relationship in marriage was expressed that there were three phases in the marriage with an abusive spouse. 1: Honeymoon, Tension Building and Explosion. The discussion included thoughts we all shared. I communicated with the staff how negative thoughts lead to fear. The persons should focus on positive introspection that affirms and nurtures. "Secularity influences how the person relates to others and how they define themselves." At moments the encounter of the research brought about emotional servitude (confinement, bondage, imprisonment, captivity).⁵ Irving Sarnoff a professor of psychology and Suzanne Sarnoff a lecturer on psychology at New York University. In their research they discovered the concept of love-centered marriage. The concept was in six stages of marriage. Stage 1: coupling concealing; Newlyweds begin by establishing their romance as the most important ingredient in their relationship. 2: reproducing and retreating, by participating as equally as possible in pregnancy and birth. 3: Nurturing and cooperating by raising the children and earning a living for the enlarged family. 4: Focusing and Fragmenting: Make preferences to how many children or not to have children. If not to consider children then they focus more on each other needs.

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6: Deepening and Drifting: Spouses in the age of 65 or 70 now have the opportunity for deepening the gratification's of their relationship.⁶ Marital relationship can be a successful and distressful. A prosperous marriage, is one in which both spouse express contentment and satisfaction with the relationship? A distressed marriage, on the other hand, is one in which the partner had either consulted an attorney or actually filed for divorce, or one or both of them expressed significant dissatisfaction.

Dr. Anne Worth...marriage relationship can be an up-down emotional roller coaster. Her work with individuals in abusive marriage, she admits the offender in the marriage relationship do not have capacity to love or trust do to damaging life experiences. They are caught up in denial and the façade of their actions⁷ and problems that block communication between them and the ventilation of sinful feeling and anger that's out of control. Regardless who's the delinquent; both parties are obligated to take initiative in seeking reconciliation. In Christian counseling communicating sound beliefs, without being legalistic. And act professional & proficient through challenging questions from a counselee, while maintaining a commitment to the authority of Scripture.

Pastors in their former days during their counseling obligation they could speak about concerns of social and political issues, now the counselor has to think how this will affect them legally. For what reason will the counselor counseling influence the counselee, without being sued by the counselee? It is extremely important that the counselor become conscious of sense of right and wrong his counselee is projecting. The counselee could be using transference; the counselor must be wise in how he manages the problem. It is essential if the counselor is to avoid a part of the person's problem. The counselor should be compelled to contemplate competence of his skills with today's counseling techniques. The counselor in today society have to be prudent (careful), observant, with their approach towards the counselee. Christian's counselors are responsible to continuously emphasis maintaining ethics that will help guarantee the avoidance of discrimination and legal action. The counselor should be compelled to learn to develop a consciousness of sensitivity to his own conscience of countertransference.

The counselor should be compelled to acquire sufficient means for self-examination objectively of the feelings evoked in inner self. Practice browsing at the list of counselee and sincerely analyze the feelings evoked by each name. The direct opposite among religious counseling and secular counseling from a methodological perspective: Christian Educational counseling accepts the Biblical standard, integrates prayer, Scripture, and builds confidence in an individual's life.

FREEDOM FOR CHRISTIAN COUNSELORS

Theocentric (God Center) which means the counselor in his counseling implements and accepts the Word of God as ethical base and absolute basis for Faith and behavior. The counselor in theocentric counseling is accountable to the Holy Spirit, the Word of God and other believers. The secular therapist advises counselee to do his or her personal thing. The secular counselor assumes that humanity religious values, demeanor are relative, experiential and without consideration to a superior authority or a sovereign Omnipotent being. Secular counselor theory is that people are autonomous, (self-governing) controlling their personal destiny. We are not all Sovereign, or Omnipotent. Secular systems include psychiatry, psychology, psychoanalysis, biofeedback, transcendental meditation and medication. An investigated research has hinted that only 43 percent of psychiatrists and as trivial as 5 percent of membership of the American Psychological Association profess a conviction in God.⁸ Religion is mentioned as the first in the "Bill of Rights" it has progress "The First Freedom, The First Amendment."⁹

Legal rights in the corporate statutes, it must meet specified license requirements, permits, insurance, and tax presuppose a qualified counselor desire to open a counseling center and incorporate a counseling organization. A legal entity is a legal person whose rights and obligations are separated and distinct from those of its shareholders. Each state has its general "corporation laws."¹⁰ The counselor who opens counseling center and request to incorporate must investigate within the law the benefits of incorporation. Christian services organizations such as counseling centers may legally function without incorporating. The center that incorporates must draw up a draft of Article of Incorporation, a legal document that separates "articles." After the organization receives requirements. It is the counselor's responsibility to establish the financial position of the prospective counselee. Sole proprietorship is an (individual owner) of a business, the state exercises a minimum degree of control over its organization and operations. For the individual to operate a business he must meet the requirements of the state. Sole proprietorship has many advantages and disadvantages, benefits and rewards that come from success. The benefits and rewards include independence, freedom, and ability to choose own hours, recognition, respect, and contribution to betterment of society, high self-esteem and participation in projects. Learning to organize and delegate the responsibilities among staff members in a structured framework. Because the Bill of rights for religion freedom the government and the courts practice of not "adjudication the truth."¹¹ Claims of religious beliefs has provided freedom for Christian counselor. In May of 1989, group of attorneys assembled in San Francisco, CA., for a seminar, the purpose of the convention was to train attorney-at law how to sue churches. The Lawyers who want to be on the leading edge of an explosive new area of laws.¹² What makes a counselor a counselor under the law? Counseling curriculum is included in Bible Colleges, Graduate schools and Seminaries. What the difference is in each major is the number of credits required in counseling. Occupational titles are not regulated by a licensing requirements, included are behavioral therapies, counselor, psychotherapist and psychoanalyst. Your greatest protection as counselor is someone who calls their self-a professional counselor, with the educational credentials and training. In the event of a legal action against a counselor, the standard he claims to in a court of law is that which he claims to in public. If the counselor calls himself a professional counselor, he will be retained to the standard of educational credentials he holds and that of the average professional counselor in the community. In 1990 the American Psychological Association's Insurance Trust announced 50 percent increase in malpractice premiums.¹³ The main function of a court is to resolve controversies intervening parties in a lawsuit. A person is at liberty to commence with any business he or she chooses and competes with other businesses for customers.

In certain governing factors there are restrictions, according to business law, when a competing business is cared on solely for predatory reasons or violation of some regulation or statute, then you are violating the rights of others. The term law indicates the established mode of speech of an lawmaking process, where by a government develops a combination of rules and regulations, enforceable by penalties, to control the conduct of people as to promote their welfare. Most of the functions of law today are implied by the Preliminary to the Constitution (physical nature) of the United States. In the Constitution, "Article 1, section 8,"¹⁴ Congress is granted the authority to legislate in several areas which affect business. Law may be defined as the result of a process whereby a nation develops a system of enforceable rules and regulations in order to promote the general welfare. The court system handles criminal and civil cases. The procedures for Jurisdiction: Common ownership (the authority or power of the court to decide controversies). There is a legitimate method to employ without encumbrance in business and to compete for customers. Competition inspires characteristic. Progress, encourages efficiency, and is an essential element not only of our expanding economy but also of our ever-rising standard of living. An individual counselor has the equal opportunity to engage in operating a counseling center and practice counseling. The law and statute and society demands that people practicing maintain high ethical standards. A staff of trained counselor is a most important element of counseling organization, requiring time and money to develop. The United States is a free enterprise society and there are situations in which the court will prevent an individual from entering into a business of his or her own choice or from carrying on a particular business activity, if the business violate the legal rights of others. For instance, the established counseling center is competing and carrying on its business solely for greedy reasons or in violation of some regulation of law. If the counselor or counseling center opens an office with the intention of continuing is only long to drive some other counselor or counseling center out of business. Such a tactic is a violation of another's right to engage in competitive business.

Legally, Christian counseling is categorized in general terms as spiritual, or religious, counseling and enters a realm that civil courts are not prepared nor permitted to adjudicate (judge) from a doctrinal perspective. Religious belief system is based on the First Amendment. "Congress shall make no law respecting an established of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."¹⁵ In terms of counseling, the court's practice of not adjudicating the truth claims of religious beliefs has provided a freedom for Christian counselor, most stated do not require licensing for counseling professions, but from a professional standpoint there are advantages and disadvantages. The primary advantage is that, a counselor who has a full-time counseling practice; licenser will provide the means for him to collect third-party insurance payments. There are many elements in a successful counseling relationship: One is the confidentiality privilege for amateur or professional Christian counselors who are not pastors. Confidentiality is a decision to reveal what is learned in the context of a professional relationship. The confidentiality privilege protects the person making a confession being counseled, the 8 U.S. Constitution, Amend, 1.

Due to increasing lawsuits against churches and Christian counselors, it is important to keep a written record of counseling sessions. Incase of lawsuit the counselor is prepared to document what took place in the counseling sessions, if a counselor is serviced with a subpoena to testify in a lawsuit. The confidentiality privilege holds unless the client has granted his or her consent for the release of the confidential information. Many states require that a person may offer counseling services only after he has obtained a state approved license certifying basic or continuing professional training or experience in the field.

When an organization seeks legal recognition as corporation, it must draft by-laws.

The counseling center should maintain necessary records for tax, a general accounting financial statements, the balance sheet and the income statement.

Certain records are required on each employee by "Title VI of the Civil Right Act and the Wage-Hours Law."¹⁶ The counseling center should have a policy manual for staff. Enforcing manual policy is the primary responsibility of the center's director.

A Christian counseling center is established for the specific purpose of assisting persons to cope with perplexing psychological and spiritual truths. A counselee expects a counselor to develop the peacemaker for his faulty decision-making. The sensible counselor cautiously coaches the counselee to make his own choices and assume accountability for his own actions. Suppose a counselor desire to start a counselor center in his home. The Small Business Administration estimates that 20 percent of all new business function out of the owner's home. A home-business has the same legal requirements as other businesses. One advantage of operating a residence occupation is the expenses can be deducted from your gross income for income tax purposes. Often, home-based business violates city or county zoning ordinances. The person who wants to operate a professional counseling center from his residence would have to consult the office of city or county clerk to determine if a permit or restrictions about conducting a counseling business is legal. Small Business Administration assists and counsel small business, but you must be a member, membership fees annually.

The Small Business Administration offers assistance in the area of financial, procurement, management and advocacy in all states requirements for licensing before a person can carry on an occupation.

The licensing is designed to protect the public against unprincipled and unqualified person. An agreement is illegal if it comes within a class of agreements made illegal by stature or it is held by a court to be against public policy.

LEGAL DILEMMA

When Counseling attend prayerfully to the counselee, quote Biblical passage that speak to the problem and those quotations which examine and make positive approaches to conquer the problems. I have learned through positive attitude that there are no problems, we are accepting challenges not problems. Always be courteous and obliging, recognize that counselee is requesting assistance. Even If the counseling session seems not to be successful, be a channel of love. Never, argue condemn, criticize, preach, or humiliate the counselee. Never dictate, impose your point of view or persona convictions or demand that the counselee is to do what you advice, rather suggest to the counselee he make his

own decisions. This will in all probability avoid the temptation to provide extremely simple solutions for complex challenges. The Holy Spirit is the one that brings about the change in individuals for the better. Better common sense, God-given wisdom knowledge and the guidance of the Holy Spirit is what we need for Christian counseling.

What makes us “Competent to Counsel?” It is the working of God in us and in those we have an opportunity to encourage. The objective in counseling is continuously to support the counselee to support himself and be unprejudiced. That encourages the counselee the to press on to maturity. In case of a lawsuit against a counselor from counselee, there are organizational resources available that specifically defend the Christian Churches and organizations in religious cases. These include the Christian Law Association,¹⁸ Christian Legal Society,¹⁹ The National Legal Foundation.²⁰ There is absolutely not a defense in terms of being sued by a person who deliberately wants to provoke a legal dilemma or harm for a counseling ministry. Suppose a counselee sued for defamation (spreading false rumors about a person, slander) of character. If a counselor is sued, the advantages are reliable that a counselor could win the case, assuming he acted in a professional and responsible manner in his or her transactions with the plaintiff. If the counselor was courteous, helpful in answering the counselee’s questions honestly and with a professional attitude, toward a lawsuit. Often attorneys will asks for a retainer fee: legal fees are negotiable, a person can negotiate to reduce fees. A retainer fee is simply employment compensation that the attorney charges to handle the case. Prior to retaining an attorney, get a commitment from the lawyer with respect to his or her accessibility and agreement to handle the problems. Constantly, endeavor to persevere with a professional relationship with an attorney. In all appointments with an attorney, be punctual, be prepared and don’t waste his time.

YOES

Counselor (Hebrew: Yoes, one who gives advice or counsels).²¹ The compelling and instructional obligation of the Biblical counselor is seen clearly in (John 14:26, 16:13). The Holy Spirit as Counselor is so concerned with counseling by teaching and leading into truth that He is specifically designated “The Spirit of Truth”, (John 14:17).

Counselor and counselee come to a counseling session with an attitude. An attitude is that combination of presuppositions (assumptions), perception, convictions and opinions that

make up one’s habitual behavior at any given time in the direction of a subject, person or act. Consequently, a counselee approaches the counseling session with a disposition that is a combination of assumptions of speculations and philosophies of his life, ideology and conscience that change his frequent attitude towards a subject, person or act. The counselee attitude is set and those will strongly influences their behavior.

Occasionally, his negative thoughts, attitude and conduct, triggers one’s actions for a negative attitude, it must be replace with positive attitude and actions to be removed before solving the issues. The counselor must use all his or her abilities, skills and techniques to communicate sound Biblical fundamental principles and behave in a professional manner to a avoid future misunderstanding that might possibly lead to counselee legal rights being violated.

The technique behavior modification, attempts to substitute the way their patients behave by concentrating on the conduct itself, rather than dealing with the introspection or feelings that might be causing he behavior as psychoanalysts do.

Behavior modification also labeled behavior therapy is a development of the occupation of psychology called behaviorism, which arose, in the early 1900s.

In modern behavior therapy the views are commonly progressive with concepts utilized from other branches of psychology, in addition to psychoanalysis.

The technique denominated systematic desensitization; the counselee is advised either to speculate the anxiety producing circumstances or to deal with the realization anxiety.

In the type of behavior therapy known as assertiveness training, patients are assemble in a group and master their character by expressing they’ll feelings, stand up for their rights or improve their social skills by pretending the appropriate behavior in front to the crowd.

Other methods of behavior modification the training known as operant conditioning, the individuals are exalted or punished any time they perform in a certain manner.

According to classical behaviorism, the behavior of a living thing merely represents a set of learned responses to conditions, or stimuli, rather than working of the mind.

Marriage is a universal institution by which men and women are joined. Society, and society’s laws, rules, customs, belief, and attitudes regulate this union. Marriage laws carry from one culture to another.²²

Counseling can be helpful, but each counselor must decide which methods to utilize. Theocentric theory is an effective practice in counseling techniques.

Learn to praise each other frequently, be considerate of the other person deficiency, insecurities. be patience, show kindness, show gentleness; use self-control even with your spouse. Wives respect your husband and husbands love your wife. We may keep ourselves out of the therapy office. Theocentric Psychotherapy assists married couples to gain insight into Biblical principles, and the insight from the counselor depends on the counselor interpretation of Biblical perspective. Remember a warm and friendly marriage is the key to psychological state of health and God is the source.

Everyone has a natural compulsion to fondness and to be loved to impart and receive affection, respect, sexual pleasure and care. It is complex aspiration for affection that couples have an anticipation to achieve in the relationship. The contrary discord intensely immobile in mortal disposition is a fundamental compulsion opposite loving.

An individual may experience incompleteness in their life, having the opinion that the love they desire will influence their personal survival. Consequently they have this inner conflict back and forth endeavoring desperately to enjoy the love they crave so deeply.

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The relationship in marriage was expressed that there were three phases in the marriage with an abusive spouse. 1: Honeymoon, Tension Building and Explosion. The discussion included thoughts we all shared. I communicated with the staff how negative thoughts lead to fear. The persons should focus on positive introspection that affirms and nurtures. "Secularity influences how the person relates to others and how they define themselves." At moments the encounter of the research brought about emotional servitude (confinement, bondage, imprisonment, captivity).⁵ Irving Sarnoff a professor of psychology and Suzanne Sarnoff a lecturer on psychology at New York University. In their research they discovered the concept of love-centered marriage. The concept was in six stages of marriage. Stage 1: coupling concealing; Newlyweds begin by establishing their romance as the most important ingredient in their relationship. 2: reproducing and retreating, by participating as equally as possible in pregnancy and birth. 3: Nurturing and cooperating by raising the children and earning a living for the enlarged family. 4: Focusing and Fragmenting: Make preferences to how many children or not to have children. If not to consider children then they focus more on each other needs.

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LEGAL RIGHTS

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Due to increasing lawsuits against churches and Christian counselors, it is important to keep a written record of counseling sessions. Incase of a lawsuit the counselor is prepared to document what took place in the counseling sessions, if a counselor is serviced with a subpoena to testify in a lawsuit. The confidentiality privilege holds unless the client has granted his or her consent for the release of the confidential information. Many states require that a person may offer counseling services only after he has obtained a state approved license certifying basic or continuing professional training or experience in the field. When an organization seeks legal recognition as corporation, it must draft by-laws.

The counseling center should maintain necessary records for tax, a general accounting financial statements, the balance sheet and the income statement.

Certain records are required on each employee by "Title VI of the Civil Right Act and the Wage-Hours Law."¹⁶ The counseling center should have a policy manual for staff. Enforcing manual policy is the primary responsibility of the center's director.

A Christian counseling center is established for the specific purpose of assisting persons to cope with perplexing psychological and spiritual truths. A counselee expects a counselor to develop the peacemaker for his faulty decision-making. The sensible counselor cautiously coaches the counselee to make his own choices and assume accountability for his own actions. Suppose a counselor desire to start a counselor center in his home. The Small Business Administration estimates that 20 percent of all new business function out of the owner's home. A home-business has the same legal requirements as other businesses.

One advantage of operating a residence occupation is the expenses can be deducted from your gross income for income tax purposes. Often, home-based business violates city or county zoning ordinances. The person who wants to operate a professional counseling center from his residence would have to consult the office of city or county clerk to determine if a permit or restrictions about conducting a counseling business is legal. Small Business Administration assists and counsel small business, but you must be a member, membership fees annually.

The Small Business Administration offers assistance in the area of financial, procurement, management and advocacy in all states requirements for licensing before a person can carry on an occupation.

The licensing is designed to protect the public against unprincipled and unqualified person. An agreement is illegal if it comes within a class of agreements made illegal by stature or it is held by a court to be against public policy.

COMPETENT TO COUNSEL

When Counseling attend prayerfully to the counselee, quote Biblical passage that speak to the problem and those quotations which examine and make positive approaches to

conquer the problems. I have learned through positive attitude that there are no problems, we are accepting challenges not problems. Even If the counseling session seems not to be successful, be a channel of love. Never, argue condemn, criticize, preach, or humiliate the counselee. Always be courteous and obliging, recognize that counselee is requesting assistance.

Never dictate, impose your point of view or persona convictions or demand that the counselee is to do what you advice, rather suggest to the counselee he make his own decisions. This will in all probability avoid the temptation to provide extremely simple solutions for complex challenges. The Holy Spirit is the one that brings about the change in individuals for the better. Better common sense, God-given wisdom knowledge and the guidance of the Holy Spirit is what we need for Christian counseling.

What makes us "Competent to Counsel?" It is the working of God in us and in those we have an opportunity to encourage. The objective in counseling is continuously to support the counselee to support himself and be unprejudiced. That encourages the counselee the to press on to maturity. In case of a lawsuit against a counselor from counselee, there are organizational resources available that specifically defend the Christian Churches and organizations in religious cases. These include the Christian Law Association,¹⁸ Christian Legal Society,¹⁹ The National Legal Foundation.²⁰ There is absolutely not a defense in terms of being sued by a person who deliberately wants to provoke a legal dilemma or harm for a counseling ministry. Suppose a counselee sued for defamation (spreading false rumors about a person, slander) of character. If a counselor is sued, the advantages are reliable that a counselor could win the case, assuming he acted in a professional and responsible manner in his or her transactions with the plaintiff. If the counselor was courteous, helpful in answering the counselee's questions honestly and with a professional attitude, toward a lawsuit. Often attorneys will asks for a retainer fee: legal fees are negotiable, a person can negotiate to reduce fees. A retainer fee is simply employment compensation that the attorney charges to handle the case. Prior to retaining an attorney, get a commitment from the lawyer with respect to his or her accessibility and agreement to handle the problems. Constantly, endeavor to persevere with a professional relationship with an attorney. In all appointments with an attorney, be punctual, be prepared and don't waste his time.

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