

A Map for Success

If you would like your marriage to become successful, then you must acknowledge the fact that you have established an interest in a specific destination. Likewise, whenever you have a specific destination in mind, you will need a solid plan that, when followed correctly, will certainly get you there. This is even more important when two people are traveling together.

You Have Options

I offer several plan options for couples, to ensure they arrive successfully. I invite you to call and talk with me so we may find the one that best suits you.



Happy Planning!
716.634.0658

- Bigler Counseling can assist you with filling out the necessary paperwork for submission to your insurance carrier.



Lewis R. Bigler

M.Div., M.A., AAPC Diplomate, Licensed Mental Health Counselor

Lew Bigler has been a positive force in the lives of couples and individuals for over 51 years. As a Pastoral Counselor and licensed Mental Health Counselor, he has been successful in guiding many couples through the marriage reconstruction process.

Lew's approach to marriage counseling is more than just helping couples to rediscover the love they once shared for each other. His years of experience have allowed him to gain a realistic perspective of what needs to happen in order to build a strong and satisfying relationship.

When couples enter his office, they find a warm and nurturing environment where they can feel comfortable expressing their feelings and sharing their points of view. Lew then works with them to pinpoint the specific negative behaviors which led to their mutual feelings of resentment and helps them to establish new behaviors and habits that will bring about the positive changes necessary for a healthy, respectful, and joyous marriage.

Within this brochure, Lew outlines the basic concepts involved in successful marriage reconstruction.

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**Let's Take the First
Step Together**



**Bigler
Counseling**

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Restoring Love and Happiness to Your Marriage

Throughout my 51 years of counseling, I have learned that, in order for a couple to successfully save their marriage, they need help identifying and learning to meet each other's most important emotional needs. I have also learned that it is important to help couples avoid hurting each other.

I have developed a five step counseling approach designed to accomplish these goals, as well as any specific goals established by myself and the couple during our sessions, and by the couple in their daily lives. When the couple completes this joint work during our counseling sessions and at home, their love for each other is restored and their marriage becomes terrific.

Hundreds of couples from many walks of life are happily married today because of the work we have done together in my counseling office. My counseling requires full participation of the couple and myself working together to enable their marriage to recover.

Understanding the Basic Concepts

I will teach you 10 basic concepts as they apply to your marriage, so that you will know what is ahead of you as you begin counseling. We must first understand the problems in your marriage, so that we can create plans for changing bad habits and overcoming negative behaviors. You will then continue to make these changes until the problems are solved.

I find it essential in counseling to cover every conceivable problem that may exist in your marriage. Solutions to these problems are based on your identification of the problems you face together. We are then able to create a sequence that puts the initial focus on your own most pressing problems. In other words, the work we do is most relevant to your marriage in your present situation.

We will know we are finished when your love for each other is restored, and your marriage becomes mutually fulfilling. I can guarantee this outcome once our mutually established goals are reached.



A Word of Caution: Don't spring counseling on your partner!

The Policy of Joint Agreement states: "Never do anything without the enthusiastic agreement between you and your partner." It is an essential element of a good marriage because it prevents the harboring of resentment, which can later break down your marriage. If you discuss counseling with each other and decide to work together in counseling, you will already be practicing the Policy of Joint Agreement.



Marriage Restoration Accountability

I have found that those who experience marriage counseling need help breaking old habits in order for them to solve any problems that are uncovered. I also insist that these problems be solved through our counseling and continually check to make certain they are addressed. In other words, the couple is held accountable. In order to accomplish this we do the following in counseling:

- Together, we carefully review your joint agreement toward the goals upon which you are jointly working.
- In each counseling session, I document your progress in solving your marital problems.
- If either you or your partner is having problems with any of what is being learned, an individual session by telephone or in person is arranged.
- If either of you has a question for me regarding a particular session, you may email or call me, and I will usually be able to respond within the day.

Additional information and answers to your questions may be found by visiting my website:

biglercounseling.com