Happy October!

It was a wet, but very good Summer. The rain did not dampen our spirits in the planning or the attendance of events all over the Shippensburg community. There were movies under the stars held at the Shippensburg Station, special events at the Memorial Park Pool, the annual Uprise Music Festival and the Open Air Market held every Monday evening at the Southampton Township Cumberland County Park. The Shippensburg Area Chamber of Commerce also organized the Cinco de Mayo Regional Fiesta Mixer, Family Fun Day and the Shippensburg Beer and Wine Festival. We were pleased that all of these events were very well attended. With the changing of the leaves, we have said “Hello” to the Fall season and all that it brings to our area. Although the temperatures do not reflect which season we are in, we continue to move forward with the calendar.

The Events Committees at the Chamber are actively organizing and planning for the next upcoming opportunities for community involvement.

Sincerely,
Scott Brown
President
Shippensburg Area Chamber of Commerce
October 17 - Women's Ride Wednesdays; Cumberland Valley Rail Trail
October 19 - Paint Night; Shippensburg Area EMS; 711 East Orange Street
October 20 - 39th Annual Shippensburg ROTC 5K/10K; Shippensburg University Student Recreation Complex

October 18 - The Middleburg/Mason-Dixon Line Historical Society Meeting with guest speaker, Ted Lerew; State Line, PA
October 20 - Conococheague Audubon Society - Bird Walk; Waynesboro
October 20 - Mercersburg Inn - Wine Tasting Weekend; Mercersburg

October 21-22 - Fall Furnace Fest; Pine Grove Furnace State Park

October 23 - 5:30am - 9:30am - Human Resources Focus Group; Holiday Inn Express & Suites; 120 Walnut Bottom Road
October 24 - 7:00am - 9:00pm - Legislative Breakfast with the Franklin Co. Chambers of Commerce; Orchards Restaurant; 1580 Orchard Dr., Chambersburg

October 23 - 8:30am - 9:30am - Legislative Breakfast with the Franklin Co. Chambers of Commerce; Orchards Restaurant; 1580 Orchard Dr., Chambersburg

October 25 - 5:30am - 9:30am - Human Resources Focus Group; Holiday Inn Express & Suites; 120 Walnut Bottom Road
October 26 - 7:00am - 9:00pm - Legislative Breakfast with the Franklin Co. Chambers of Commerce; Orchards Restaurant; 1580 Orchard Dr., Chambersburg

November 13 - 5:30pm - 7:30pm - Trademark Basics: "What Every Small Business Should Know Now, Not Later!"; Courtyard Marriott; 503 Newburg Road, Shippensburg
Registration required. Cost $50/person.
Register: www.ship.edu/sbdc or Email: reburtner@ship.edu.
Deadline to register is November 6th.

November 6 - 8:00am - 9:00am - Business@Breakfast; Courtyard Marriott; 503 Newburg Road
November 7 - 8:30am - 9:30am - Marketing Focus Group; Orrstown Bank Lobby of the H. Ric Luhrs Performing Arts Center; 475 Lancaster Drive
November 8 - 5:00pm - 7:00pm - Chamber Mixer at F&M Trust; 13 Shippensburg Shipping

November 13 - 5:30pm - 7:30pm - Trademark Basics: "What Every Small Business Should Know Now, Not Later!"; Courtyard Marriott; 503 Newburg Road, Shippensburg
Registration required. Cost $50/person.
Register: www.ship.edu/sbdc or Email: reburtner@ship.edu.
Deadline to register is November 6th.

October 25 - 6:00pm - 7th Annual Leadership Conference; Tuscarora Room, Reisner Dining Hall, Shippensburg University
October 26 - 9:00pm - 5th Annual Masquerade Halloween Dinner Dance; Premier Events; 429 East Orange Street

October 21 - The Ceramic Art Studio of Waynesboro - Children's Clay Class - Monster Candy Dish; Waynesboro
October 23-26 - Council for the Arts Showing "A Brush with Nature"; Chambersburg
October 26 - The Capitol Theatre - Spirits Thru Time: A Paranormal Fair; Chambersburg

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For more information: SHIPPENSBURG.ORG

For more information: SHIP.EDU/SBDC/

For more information: VISITCUMBERLANDVALLEY.COM

For more information: EXPLOREFRANKLINCOUNTYPAPA.COM

For more information: SHIPPENSBURG.ORG
Is Your Dream Kitchen Ever Possible?

Everyone has seen the dream kitchens on home shows on TV and wished they could have something like it. But we are sure that it will cost too much. Well, what they show on TV would cost a lot of money, but did you know that you can get your dream kitchen for a lot lower price if you know what to look for.

Kitchen materials today are a lot like materials for your home, and what I mean by this is that there are now a wide range of prices and qualities for you to choose from compared to what you had to choose from 10 years ago. Let’s look at how you can get your dream kitchen with a price you can afford.

Kitchen cabinets come in many painted and stained colors, they can come with glazing on the doors and they even can come with different types of glass in the doors. Drawers can come with basic framed square corners to dove tailed corners. Drawers and doors can come with soft close closers attached to them. These closures prevent the door and drawers from being slammed, which can wear out the doors and drawers quicker. Cabinets can be made from particle board sides all the way up to full plywood sides. Here is a way to save money. You may think that you need to have plywood sided cabinets to get the strongest cabinet, but particle board cabinets are just as strong and hold up over the years as well as plywood side do. We always hear the statement “what about water damage?”, and we always tell people that any cabinet will not hold up to water so why spend the extra 30% on the plywood?

Countertops can take an ordinary kitchen and make it beautiful. But, like cabinets there are many types and colors to choose from. There are laminate, granite, quartz and butcher block to name a few. Laminite countertops are the first we think about because everyone had them growing up. They are durable and are on the lower price range. They come in many different patterns now and you can now get an undermount sink that you could not get before. Granite countertops are what most people go with today. Granite must be expensive right?? Well, did you know that there are 6 different levels of granite to choose from. Level 1 is the cheapest price and 6 is the most expensive. The difference in pricing is not the quality so much as the distance the granite comes from. The further away, say Italy, would cost way more than one that is taken from a local mine. Quartz is the next level of countertops. These countertops are considered higher end but like granite have a couple different levels to choose from and each level goes up in price like granite. Quartz countertops usually have a certain amount of “sparkle” in them which makes these countertops stand out over other choices. Butcher block countertop have been around forever. They are used in a more rustic kitchen or in high-end kitchens as an accent piece. There is a lot of maintenance with these. You need to seal the butcher block every so often and can only use certain materials to seal it with.

Sinks and faucets are the next items to consider. Sinks can come as a drop-in sink, you can have an undermount sink or you can go with a farm sink. This is up to you, but drop-ins are usually the cheaper price than undermount or farm sinks. Farm sinks require a cabinet that is designed for the farm sink or you will have to modify the cabinet for the sink. Kitchen faucets have come along way in a short time. You can make a statement with the faucet you choose. These are another area that has a huge price gap between entry level and high-end faucets. Make sure when picking out the faucet you get the qualities you want out of them. High neck faucets that have pull down sprayers seem to be the rage right now. They have everything rolled into one spot which makes using them easier.

This is a small sample of the products that you will need to get your dream kitchen. As always, do your homework, work with a qualified contractor, and visit a really good showroom before starting any work!!

Zullinger-Davis-Trinh, P.C.
20 East Burd Street, Suite 6
Shippensburg, PA 17257
(717) 532-5713
www.zullinger-davis.com

The firm that is now Zullinger-Davis-Trinh, P.C. was first established in 1986. Two of its namesake attorneys, Joel R. Zullinger and Hamilton C. Davis, founded the firm. Attorney Davis is now retired, while Attorney Zullinger continues to practice as of counsel.

In recent years the practice has grown to include two additional attorneys, Suzanne M. Trinh and Rachel C. Schreck. Each brings considerable legal experience to the firm.

In addition to knowledgeable and experienced lawyers, Zullinger-Davis-Trinh, P.C. Also boasts an impressive staff of administrative personnel and paralegals. One paralegal has been with the firm since it began, and all four non-attorney staff have at least 20 years of experience in the legal field.

With offices locations in Chambersburg and Shippensburg, the firm offers full-service representation in matters involving:

- Divorce, custody, support and adoption
- Estate planning, administration and probate
- Real estate law
- Business organization and succession planning
- Civil litigation

Our South Central Pennsylvania firm proudly serves clients in Chambersburg, Waynesboro, Greencastle, Mercersburg, Path Valley, Shippensburg and Gettysburg.
Do you recall toward the end of the movie, *Indiana Jones and the Last Crusade*, where the Grail Knight says, “But choose wisely, for while the true Grail will bring you life, the false Grail will take it from you”? That was a great scene and the quote is relatable to us having to make many choices in life. It is particularly applicable to us needing to choose our thoughts wisely.

Life gets sucked right out of us when we don’t choose our thoughts wisely. To make it worse, choosing the right thoughts doesn’t come easy. Even though we know what we “should” be thinking, our minds have an uncanny ability to steer us to thinking negative thoughts instead. It occurs even when we are 100% aware that it’s happening. Here’s a personal story to illustrate.

I recently conducted two workshops out of state on how to not demotivate people, and how to positively influence others. Workshop attendees were given surveys to complete for each of the sessions. The possible ratings for the sessions were:

1 - Needs Improvement
2 - Somewhat Satisfied
3 - Very Satisfied
4 - Extremely Satisfied

Compiled ratings that I received for the two sessions were as follows:

<table>
<thead>
<tr>
<th>What is Being Rated</th>
<th>Session #1</th>
<th>Session #2</th>
</tr>
</thead>
<tbody>
<tr>
<td>This session was relevant and useful</td>
<td>4</td>
<td>3.5</td>
</tr>
<tr>
<td>I can put what I learned to immediate use</td>
<td>4</td>
<td>3.5</td>
</tr>
<tr>
<td>The speaker was engaging</td>
<td>3.7</td>
<td>3.4</td>
</tr>
</tbody>
</table>

You can see the ratings were solidly between "Very satisfied" and "Extremely Satisfied". There were many positive supporting comments too. Here is where it gets interesting and turns me needing to choose my thoughts wisely.

There was one lone comment that wasn’t as positive as I desired it to be. It wasn't bad really, but it wasn’t great either. Amongst all of the other positive ratings and feedback that I received, where do you think my mind focused? Yep, you've got it. My mind zeroed right in on that one comment. You are probably thinking, "I have done the same thing!" Between you and I, my mind forgot about all of the very positive feedback that I received and started creating a negative pool of thoughts. It wasn’t until I focused and told my mind to stop all of the negative thinking, that I was able to receive the positive. I am an optimistic guy and still fell for the trap.

Here's my encouragement. If you find yourself focusing on a minute piece of negativity in a sea of positivity like I just shared with you, remember and remind yourself of the positive things you are doing. Remember and remind yourself of all that is wonderful in your life and be grateful for it. Focus on those things and forget the negative, even if your mind doesn't want to let you. You have the power to choose your thoughts, so choose wisely!

Randy Wilson is an independent certified John Maxwell Coach, Teacher and Speaker, and owns his own company, REEL PD. He can be reached at randy.j.wilson@gmail.com or (717) 414-6064.
How to Select a Heating and Cooling Contractor

Before you hire a heating and cooling contractor, consider the following tips offered by ENERGY STAR, a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy helping us all save money and protect the environment through energy efficient products and practices.

- **Study up** – Find out about license and insurance requirements for contractors in your state. And before you call, know the model and maintenance history of your current system to help potential contractors better understand your heating needs.

- **Ask for referrals** – Ask friends and neighbors for contractor referrals and contact local trade organizations for names of members in your area.

- **Call references** – Ask contractors for customer references and call them. Ask about the installation or service performance, and if the job was completed on time and within budget.

- **Find special offers** – A heating and cooling system is one of the largest purchases you’ll make as a homeowner. Keep costs down by checking around for available rebates on energy-efficient ENERGY STAR qualified equipment. Begin your search at www.energystar.gov.

- **Look for ENERGY STAR** – ENERGY STAR qualified products meet strict energy efficiency guidelines and offer significant long-term energy savings. Almost one-quarter of households knowingly purchased at least one qualified product last year.

- **Expect a home evaluation** – The contractor should spend significant time inspecting your current system and home to assess your needs. A contractor should size the system based on the size of your home, level of insulation, and windows.

- **Get written, itemized estimates** – When comparing contractors’ bids, be sure to compare cost, energy efficiency and warranties. A lowest price may not be the best deal.

- **Get it in ink** – Sign a written proposal before work gets started. It’ll protect you by specifying project costs, model numbers, and job schedule and warranty information.

- **Get the ENERGY STAR Guide** – For complete information on keeping your home comfortable year-round, get the ENERGY STAR Guide to Energy Efficient Cooling and Heating at www.energystar.gov or 888/782-7937.
Christmas Town

Christmas Town is a strange name for an article in October. But there is a very special event coming up before the next Chamberline on November 16th. It is Shippensburg’s annual Christmas parade. This event kicks off the holiday season and is a really special time in the life of our community. It’s a time when we start thinking about family gatherings, decorations, holiday music, and of course Christmas shopping. I had the opportunity to meet with D.O.I.T. recently, the individuals responsible for organizing the Christmas parade. We started planning and all agreed we want to see the Christmas celebration in Shippensburg become bigger and better than ever this year. Of course, who doesn’t love a parade? And everybody loves Christmas.

A couple of things will help us make this year the best yet. One is for everyone on King St. to decorate for the parade. As usual there will be an award for best store front window display. But what if we each did a little more this year and decorated the whole store front, our churches and apartment windows? Imagine the beauty and wonder that will fill our special little town? Think of the feelings that will well up in the hearts of adults and children alike as they sit along King Street and see the twinkling lights, presents, bows and hear greetings of good cheer? What a spectacle to behold as buildings and green spaces are transformed into living Christmas cards and the streets are filled with the sights and sounds of Christmas floats, festive music and the cheers of hopeful children as they anticipate the most special day of the year.

I am a big Christmas movie fan. I even like to watch Christmas in July movies. What makes a great Christmas movie is if it moves me emotionally and takes me back to Christmases past. The symbols of Christmas need to be preeminent for this to happen. One of those symbols is the image of a small town transformed in to a Christmas town through trees, carolers, jingling bells, nativity scenes and people roaming the streets with arms full of Christmas treasures. I can see it now. What if we all pitched in to transform Shippensburg into a Christmas town? That would make this year special! Wouldn’t it?

The other thing that will make this year’s Christmas in Shippensburg even better than ever is a Christmas Market. This will be the first year for what we hope will become a Christmas tradition. Immediately following the parade and Christmas tree lighting the Shippensburg First Church of God Annex (corner of Prince and King St.) will become a wonderland of the sights and sounds of the season. Local vendors will be on hand for your Christmas shopping convenience. There will be live Christmas music, a living nativity, real reindeer, hot chocolate from around the world to warm you up, holiday treats, games for the kids and much more. You’ll step into a place that fills the heart and mind with this special time of year. Family, friends, and the community coming together to celebrate. That will make this year the best yet.

Wow! Shippensburg as a Christmas town. That sounds like fun. I think we can Do It! And you will be a special part of it. Should I say it? Merry… No. I’ll wait for the parade. See you there!

For more information, contact Shippensburg First Church of God, 121 East King Street, Shippensburg or (717) 532-8421 or visit www.shipfcog.org.

We had a lot of volunteers who helped in many areas of our Shippensburg Beer & Wine Festival so we would like to take the opportunity to recognize and thank them for making this event a success!

Beer & Wine Festival Committee:

- Dan Baer - Committee Chair, Chair of Chamber Board of Directors and ACNB Bank
- Scott Brown - President of Shippensburg Area Chamber of Commerce
- Anne Detter Schaffner - Chamber Board of Directors and Shippensburg University Foundation
- Bruce Hockersmith - D.O.I.T (Downtown Organizations Investing Together) and Shippensburg Borough Council
- Chrystal Miracle - Treasurer of Chamber Board of Directors and Shippensburg University
- John Massimilla - Summit Health
- Katherine Smith - JFC Staffing
- Lorie Davis - D.O.I.T. (Downtown Organizations Investing Together) and Shippensburg University
- Mickey Nye - SADCO (Shippensburg Area Development Corporation) and H&H Chevrolet, Cadillac, Inc.
- Mike Fague - D.O.I.T. (Downtown Organizations Investing Together) and Pague & Fegan Home and Hardware
- Mitchell Burrows - Chamber Board of Directors, Shippensburg Revitalization Group and University Grille
- Steve Oldt - SADCO (Shippensburg Area Development Corporation), Chamber Board of Directors and Shippensburg Township
- Vicky Simmel - Vice Chair of Chamber Board of Directors and Gannon Associates Insurance
- Wendy Forrester - Shippensburg Area Chamber of Commerce

Volunteers:

- Scott Eckenrod - Chamber Board of Directors, Aqua Power Pros & Creative Engraving Plus
- Nina Reese - Chamber Board of Directors and Orrstown Bank
- Ginger Everhart - Past Chair of Chamber Board of Directors and Summit Health
- Rob Fulcher - IWAT, LLC
- Dr. Ronald Taylor - Secretary of Chamber Board of Directors and Shippensburg University
- Jill Fague - Pague & Fegan Home and Hardware
- Kevin Fague - Pague & Fegan Home and Hardware
- Bill Herb - D.O.I.T. (Downtown Organizations Investing Together) and Fogelsanger-Bricker Funeral Home and Crematorium, Inc.
- Pam Herb - Fogelsanger-Bricker Funeral Home and Crematorium, Inc.
- Employees from Members 1st Federal Credit Union
- Melinda Thompson - Chamber Board of Directors and Cumberland County
- Employees of Gannon Associates Insurance
- Trevin Shank and Tyler Hile
- First Responders from West End Fire & Rescue Company
- Students from Shippensburg University
CPA Wireless is an authorized Boost retailer providing premium mobile phone service, products and expertise with 14 locations in Central PA including Chambersburg and coming soon to Shippensburg!

Holy Smokehouse BBQ, with locations in Shippensburg and Chambersburg, is a Christian family owned/operated restaurant providing a delicious BBQ experience.

Holy Smokehouse BBQ
13 South Earl Street
Shippensburg, PA 17257
(717) 530-5844
Facebook: Holy Smokehouse BBQ-Shippensburg

Over the course of my 20 year career in the banking industry, I have seen a dramatic increase in the instances of business theft.

More and more businesses of all sizes seem to be falling victim to internal and external fraud. The results can have a very serious impact on the business and unfortunately, in some cases, that impact can be business-ending.

Taking steps to safeguard your business finances from theft and fraud is becoming more and more important. But, if you are like most business owners, taking the time to constantly review and monitor account activity is simply not feasible. The responsibilities and demands of day-to-day activities of running your own business often leave little time left over. Fortunately, there are a few very simple but effective measures you can take to help protect yourself and your business from unwanted loss.

**ACH Debit Block and Positive Pay**
Most banks have these services available through their cash management services. If done properly, these services will effectively monitor every ACH Debit and every Check presented for payment and allow for you, the customer, to return items that are not authorized. In most cases, customers can be notified via an email or text alert when potentially unauthorized items are presented against their account for payment. Anything that is unauthorized will then get returned or rejected prior to posting to your account, thus successfully preventing potential fraud or theft.

**Dual Control Procedures**
Consider instituting procedures that require a minimum of two individuals to transact certain activity on your bank account. For some businesses this may not be feasible, but if you trust someone else to handle your banking, I urge you utilize any and all tools to make sure money is going where it is authorized to go. Consider not allowing a stamped signature, thus always signing checks in person and even requiring two individuals to sign checks over a certain dollar amount. Consider requiring all Online Bill Payments, ACH Items, and Wires to have two approvals before they can be paid. Even if it’s not realistic in your situation to approve everything yourself, it is a good idea to identify someone within your organization to provide a second approval on all payments being made out of your bank account. Dual control can help reduce the opportunity for internal fraud.

Whether your business is large or small, your financial institution can provide tools to help you reduce your risk for loss as a result of fraud. Inquire with your local banker and find out how you can take advantage of these simple, yet effective ways to protect your business assets.

For more information please contact Brian Reidell or visit fmtrust.bank.
E: brian.reidell@fmtrust.com
T: 717-261-3536
Halloween Safety Tips

The annual apparition of spooky skeletons, broomstick-riding witches and carved pumpkins is a sure sign Fall is well underway. Second only to Christmas in terms of how much consumers spend on decorations, Americans of all ages seem to love celebrating Halloween. The Halloween spirit has spread to the inside and outside of the home as well, with homeowners setting up elaborate displays that range from haunted houses in the basement to graveyards on the lawn, as well as high-tech LED lighting outdoors. When planning and setting up your Halloween decorations, it is a good idea to consider any potential risks involved. Taking steps to prepare your property and to protect any visitors can help spare you from a truly frightening night.

Be aware of dangers that might not be visible during the night:
- Walk your property before Halloween to identify and minimize potential dangers, especially those difficult to see after dark. For example, check to make sure temporary extension cords are secured to avoid becoming a tripping hazard.
- Make sure walking surfaces are even and clear of debris, and that any obstacles are clearly marked, such as stakes, exposed roots or holes.
- Ensure that your front yard, walkway and entry way are well-lit.

Set Up Spooky Lighting with Caution:
- Avoid any kind of open flame. Consider using battery-operated candles or LED lighting as a safe alternative to candles. Do not drape costumes or other fabrics over light bulbs, which generate heat and can start a fire.
- Follow the manufacturer’s instructions to help avoid damage to your home or injury to your guests. For example, make sure inflatable decorations are secured properly and kept away from sources of ignition.
- When using fog machines, be careful that the fog does not make it difficult to see tripping hazards.

Avoid advertising the event in your neighborhood or on social media.

Do not be frightened by the risks:
- Give yourself peace of mind and speak with your insurance agent to make sure you are properly covered.
- Consider an umbrella policy that could provide extra protection in case of an accident.

Specialty insurance can help protect you and your family.

For more information, contact Gannon Associates Insurance; 66 East King Street, Shippensburg or (717) 532-4181 or visit www.gannonassociates.com

Source: Vicky Simmel, Regional Director of Sales
Gannon Associates Insurance

Of Marriage Therapy, and 7 Ways to Make It Work Better for You and Your Spouse

Don’t let anyone fool you. Marriage is HARD. It just is. It takes so much commitment, grace, love, forgiveness, understanding, mercy and sheer grit.

When I see premarital couples or newlyweds, my heart melts with their honest, endearing and warm love for each other. You can just see their faces light up at the sight of each other. Their love inspires. It feels fresh and lovely.

What could go wrong?

Many things, sadly. Couples get into trouble in all kinds of ways, and, when they do, frequently they seek out therapy to get that sparkle back.

It’s a great choice. Quite frequently, the only way couples can find their mojo again is with the help of a knowledgeable, caring third party – a therapist. Helping couples repair and enhance their marriage is what couples therapists like myself are trained to do.

And we love it.

So here are some tips for making marriage therapy work the best, if you find yourself in need of a little helping hand:

1) Get a therapist actually trained in relational therapy and systems theory. In psychology speak, this is often a licensed marriage and family therapist (LMFT), the only subgroup of therapists who has specific training in treating couples, families and individuals. These therapists are trained to think of families like systems – I like to use the illustration of beads on a string. The string is the system, and the beads each individual member. If one of them moves, so does the system, and all the other beads. This is a different approach than other sub-specialties like licensed professional counselors (LPCs), licensed clinical social workers (LCSWs), psychologists (doctoral level clinicians who often specialize in testing) and psychiatrists (medical doctors who can prescribe medications). Systems thinkers like LMFTs treat the couple, not the individuals in the couple, and that makes for more effective marriage therapy.

2) This may sound silly, but once you have a therapist, seriously consider following their directions. Generally they can help find the right path for each unique couple (or individual, or family of course) to their best outcome. If they suggest something, do it. If they give you homework, do that. If they don’t give you homework, ask for it. Do whatever it takes to engage in therapy, put in the time, and actually benefit from the therapist’s knowledge and experience. Why else are you asking for their help?

3) Be responsible to show up, on time and engage in therapy. Know it can take a long time. You didn’t get into the difficulty in a week, you likely won’t get out of it in a week, either. Don’t go with the idea that if divorce comes, at least you’ve given therapy a try. Take divorce off the table and really be IN therapy, all in. Don’t just go with a bad attitude. Go, wanting things to get better, and willing to engage your spouse, take responsibility for your actions and talk about what you need. Or don’t go.

4) Be truthful. Be as open as you can. Lying in therapy or with your therapist wastes your money and their time, and you get nowhere. And it’s a sure-fire way to have therapy fail.

5) Really try to listen to your spouse. Chances are your therapist will ask you to talk to each other, or do any one of a number of communications exercises. Do them honestly and with an open heart to really hear your spouse. I often say, if you’re sitting in front of it, it probably true you haven’t heard your spouse in a long time. Now is the time to fix that, and many good couples therapist can help with it.

Communication is not the only thing, but it’s a tremendous start and lots of fun besides.

6) Think about your own stuff much more than you do your partner’s. Figure out how you can improve your marriage and do that. Don’t focus on them – what’s wrong with them, how they think, how they act. If you focus on them, you won’t get what you’ve been longing for, nor will you see the things you do that are not helpful in your relationship. A marriage is a team. Figure out what you need to fix to be a better team player.

7) Work on your marriage outside therapy. Therapy works best when you learn things in session you can apply outside of session, in real life. But even besides that, go on dates. Spend time together. Make space for your relationship in your everyday lives. Use your therapist as a resource for you to improve your marriage. They’re not in it! You are. Make your marriage amazing.

If you and your partner struggle to regain that sparkle you once had, consider contacting the marriage therapists at Sanctuary Christian Counseling. We are all committed to helping you live your best life and getting the relational (or individual) help you need. We are anxious to meet you and help you have the best marriage possible.

Ellen J.W. Gigliotti LMFT
Licensed Marriage and Family Therapist
Clinical Director
Sanctuary Christian Counseling LLC
9974 Molly Pitcher Highway, Suite 4
Shippensburg, PA 17257
717-200-3158
ellen@sanctuarychristiancounseling.com

Source: Ellen J.W. Gigliotti, LMFT, Sanctuary Christian Counseling