



Life Christian Counseling Network, LLC

Clinical Excellence from a Christian Foundation

PREMARITAL COUNSELING SERIES

This is designed for couples who seek premarital counseling. This series consists of six sessions with the couple, preferably weekly or one every other week, with a Nationally Certified or Licensed Professional Counselor. (Optional 2-session unit on the Blended Family and Step-parenting can be added on.)

Content

1. Getting to know you
 - Spiritual Inventory
 - Expectations
 - Goals
2. Communication Part 1
 - Positive communication techniques
3. Communication Part 2
 - The four major communication destroyers
 - Conflict resolution
4. Family of Origin
5. Intimacy
6. Expectations
 - Money
 - Children
 - Roles
7. Optional Unit: The Blended Family & Step-parenting
 - This two-session unit explores special challenges of blending families through marriage.
 1. Work through issues of expectations, child rearing, discipline, parenting challenges
 2. Work through the complications of ex-in-laws, step-parents, and the changing relationships of extended families.
 3. Additional reading resources required. Homework --There are reading assignments and exercises. There is an additional materials' charge for two books. The reading is very beneficial and is highly recommended.