



# 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.