



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.

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

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.

And we urge you brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone. 1 Thes 5:14