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a resource in:

Marriage

Preparing For A Great Marriage



APOSTOLIC CHRISTIAN

Counseling and Family Services

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Preparing For A Great Marriage

Preparing for a Great Marriage was developed to help you lay the foundation for a strong, vibrant marriage. My belief is that preparing for a great marriage leads to blessings for you as well as future generations. By choosing to invest in your relationship, you'll begin your marriage with a deeper understanding of one another as well as your relationship strengths and growth areas. This awareness can provide you with the opportunity to develop healthy communication patterns and learn ways to bring out the best in each other. *Preparing for a Great Marriage* is a premarital counseling program where you will receive customized teaching, counsel, and feedback from a trained Marriage and Family Therapist. Specific details about the package options are outlined below. Please don't hesitate to contact me directly by phone or email (marriage@accounseling.org) should you have additional questions.

Who can go through this program?

- The principles and concepts from this experience can be applied to your relationship regardless if you are engaged or have been married up to one year.

What topics are covered in *Preparing for a Great Marriage*?

- Your future (or current) spouse and you will spend time with me reviewing specific strengths in your relationship and areas which may need some attention. Topics covered range from communication and conflict resolution to personality differences and spiritual connection. Based on your needs, other areas that may be covered include: financial management, roles and responsibilities, sexuality, family of origin, gender differences, expectations for marriage/ children, and love styles.

What are some of the results of going through *Preparing for a Great Marriage*?

- You will be able to clearly identify your relationship strengths and growth areas.
- You will develop greater communication skills which will allow you to respond to each other effectively and to connect deeply.
- You will develop a greater understanding of your expectations for marriage and how this may impact your relationship.
- You will develop ways to enhance emotional and spiritual intimacy.
- You will grow in understanding how to best show love toward your future (or current) spouse.
- The opportunity for ongoing marital check-ups will be available to you.

How does this take place?

- The first step is to schedule a free, 30-minute phone call with me to discuss your relationship, the program options, and what you would like to gain by going through it.
 - Your future (or current) spouse and you will complete assessments to gather family history, relationship strengths, and possible growth areas. The assessment process will include three assessments that will provide you with customized feedback:
 - **Myers-Briggs Type Indicator:** assesses personality and communication styles.
 - **PREPARE:** a relationship assessment which identifies relationship strengths and growth areas.
 - *Preparing for a Great Marriage* takes place over six, 50 minute sessions. Together, we will review assessment results, discuss specific topics relevant to your relationship, and learn relationship skills to build a healthy, vibrant marriage.
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- We will develop a plan for ongoing marital growth and enrichment for you to work on over the next year after you complete *Preparing for a Great Marriage*.
- Additionally, a follow-up phone call with me will be scheduled approximately 6-12 months from our initial meeting to assess skill implementation and ensure continued growth.

What is the cost?

- The costs will be based on the number of sessions needed by the couple.
- As with our other services, we offer a sliding fee for this service based on family income.

Where does the *Preparing for a Great Marriage* program take place?

- This program is available both at our Morton, IL office and remotely, by videoconferencing.

What if there is a couple I know that would benefit from this experience but cannot afford it?

- You may consider gifting this experience to others. A strong, healthy, and vibrant marriage can have a positive impact on future generations.

Sincerely,

Kaleb Beyer, LMFT