

holistic psychotherapy :: pre-marital therapy

Why PreMarital Counseling?

In today's society, divorce is playing a part in everyone's life. It has become the solution to a problem that could have been resolved long before. Divorce is not (in most cases) the result of a bad marriage; it is the punishment for not preparing before the marriage took place.

Corey Donaldson 'Don't You Dare Get Married Until You Read This!'

You are about to embark upon a life changing experience; an experience that will affect your work, play, self-esteem and how you worship. Even for those who feel completely mentally stable and physically strong, unless you ask the tough questions, it's like walking towards the edge of a cliff blindfolded – hoping for the best.

During our twelve week course, hundreds of questions will be asked of you from your partner. The course is set up so that homework assignments are given the week before our counseling session – therefore, it is expected of you to dedicate time to doing the necessary work. Your approach to the assignments and preparedness for each session is just a reflection of your personality style and approach to most tasks.

During week 1, you and your partner will be given the Myers Briggs Personality Test. Everyone has different personality traits very specific to themselves. These traits will affect all aspects of your life. Both of you will take the Myers Briggs to learn more about your personality type. This will help you understand your personality preferences based on your responses.

Week 2, you will receive the results from the Myers Briggs test. Weeks 3 through 11, you will be asked to do chapter readings from a marriage workbook. In addition, weekly you will be given a packet of probing questions for you and your partner to answer. These questions should not create hard feelings. Rather they should stimulate a feeling of mutual love and concern. At the last session, week 12, we will raise the question which brought you to counseling – 'should we still get married?'

Pre-marital counseling is an investment in time and money. This being the case, it should follow that we invest more time preparing for and maintaining our marriage than anything else because it should be our highest priority. If we do not dedicate a great deal of time to the person we are planning to marry, then we have no business making the commitment. We need to be mature enough to recognize that marriage has a greater impact on our lives than anything else and acknowledge its importance by asking the right questions the right way.



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