



PRE MARRIAGE COURSE

TELL ME MORE ABOUT MARRIAGE PREPARATION...

Organising the dress, honeymoon and cake is only the beginning of what couples need to organise when preparing for marriage. After the vows, have you considered the future of your relationship?

- **How will you relate to one another?**
- **How do you manage conflict?**
- **Who will have responsibility for the finances?**
- **Have you discussed children?**
- **What makes your relationship stronger?**

Marriage preparation provides couples with an opportunity to identify and explore relationship patterns, thus becoming more empowered to address issues before they become a major source of conflict.

WHAT IS INVOLVED?

The pre-marriage course is a short program facilitated by an accredited practitioner using the FOCCUS (Facilitating Open Couple Communication, Understanding & Study) Inventory. FOCCUS is not a test but a validated instrument used with couples worldwide. The self-diagnostic questionnaire is designed to assist couples to learn more about themselves and their relationship. There is no pass or fail nor does it predict the future success of the relationship.

Please note that it is not counselling; however open & honest communication is expertly facilitated in a confidential, non-judgemental way to reflect upon important issues and to generate discussions regarding future decisions. Oftentimes couples don't consider issues such as individual differences in family backgrounds, lifestyle expectations or values until it leads to conflict.

Research shows that couples that participate in pre-marriage counselling courses fare significantly better than those who don't.

"Premarital education programs are generally effective in producing immediate gains in communication skills, conflict management skills, and overall relationship quality"

- (Carroll & Doherty, Family Relations 2003)

FEES

Private Couple sessions: \$350 Group sessions: Please contact to enquire about availability.

Highpoint Plaza, 240 Waterworks Rd, Ashgrove QLD Website: trishacabreropsychologist.com.au Email: trish.cabrero@gmail.com

WHAT IS COVERED?

Communication Sexuality Issues Backgrounds
Problem Solving Readiness to Marry Parenting
Friends & Interests Personality Match Finances

WHO IS IT FOR?

Couples who are either engaged to marry and/or in a committed relationship and wish it to remain that way. (First marriage for at least one partner).

WHEN IS IT APPROPRIATE TO COMPLETE?

It is recommended that the course be completed 6-9 months prior to the ceremony in order to provide adequate time to address any issues that may be identified.

If counselling is indicated at any time during the Marriage Preparation Course, then Trish is more than qualified to appropriately manage this through offering counselling at an additional cost or a choice of appropriate referral options.

Recent data indicates that one in three married couples will separate within the first 5 years of marriage. (ABS Year Book, 2012). Don't you owe it to your relationship?

MARRIAGE PREPARATION:

- ✓ **Individual & group sessions available**
- ✓ **Evening and Saturday appointments**
- ✓ **Confidential**
- ✓ **Catholic Church certificate**
- ✓ **No referral needed**
- ✓ **Inventory can be done online**

STEP 1 - As a couple, decide whether a private session or a group setting is the best fit for you.

STEP 2 - Contact reception to make a booking on 35102152 or use link to e-mail facilitator for more information.

STEP 3 - Complete the FOCCUS Questionnaire (available via website). It is a validated tool to increase couple awareness of relationship strengths and areas to address.

STEP 4 - 2x1 hr follow up sessions are offered to each couple to discuss their responses.

Relationship Counselling may be recommended.

