

Suggested Books to Read

Saving Your Marriage Before It Starts, by Les and Leslie Parrot

His Needs, Her Needs, by Willard F. Harley, Jr.

Getting Your Sex Life Off To a Good Start, by Clifford and Joyce Penner

Love is a Decision, by Gary Smalley

The Five Love Languages, by Gary Chapman

The Five Love Needs of Men and Women, by



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Christian Counseling and Educational Services exists to provide professional counseling from a Christian perspective and to provide educational opportunities that challenge individuals to examine the Word of God and live according to its truth.



Thy Word is a lamp unto my feet,
and a light unto my path.
Psalm 119:105

Pre-Marital Counseling



Marriage

Insurance

For A

Lifetime

Christian Counseling &
Educational Services

Ann Shorb, Ph.D.

Why Is Pre-Marital Counseling A Great Gift?

A couple will usually spend many hours planning their wedding, but very little time planning for a life-long marriage. They will spend thousands of dollars for dresses, flowers, reception and honeymoon but spend nothing for quality counseling.

God's idea for marriage is for a man and a woman to live together in a loving, committed lifetime relationship. The Bible says in Genesis 2:24, *For this reason, a man will leave his father and mother and be united to his wife . . .*

Marriage takes hard work. Most people need to learn the skills necessary to develop this long-lasting relationship. Pre-Marital counseling helps the couple learn to communicate effectively and to resolve conflict. Research shows us that the way in which a couple resolves conflict is the strongest predictor of marital strength and durability.

What Is Involved?

A couple meets with a counselor for four to six one hour sessions. Several profiles and instruments are used and discussed in these sessions.

Five Love Languages Profile

Using this profile is one of the easiest ways to improve a relationship. The couple discovers what behaviors make each of them feel loved. This involves watching two 40-minute videos, and taking a 33-question inventory. One of these video deals with how to avoid an affair.

Prepare/Enrich Profile

This profile has been given to more than 1,000,000 couples and is very reliable. There are 120 questions about each individual, and about the couple's relationship. The areas that are considered are: marriage expectations, personality issues, communication, conflict resolution, financial management, leisure activities, sexual expectations, children/parenting, family/friends, role relationships and spiritual beliefs. It also includes personality assessment in the areas of assertiveness, self confidence, avoidance of problems, and partner dominance. The answers are then sent to be analyzed by a computer. The counselor helps the couple recognize their strengths and understand how they relate to each other. They learn conflict resolution techniques and how to do financial planning. In addition, they set both short-term and long-term goals.

Taylor-Johnson Temperament Analysis

The T-JTA quickly identifies strengths and growth areas in the couple's relationship. The couple answers questions concerning themselves and their partner. It contrasts important personality traits such as *depressive* versus *light-hearted*, *expressive* versus *inhibited*, *hostile* versus *tolerant*, as well as other areas of interpersonal relationships. It is invaluable tool in pre-marital counseling.



Family History Analysis

The analysis helps the couple evaluate their individual life experiences. It helps them define their marital dreams, expectations, attitudes and behaviors. It helps them realize how they view issues of power, decision making, dependency and loyalty in their relationship. It helps them recognize how their family of origin expressed love and affection, handled discipline, adapted to change, and set rules to live by. All of this helps the couple to establish their own unique marital relationship, incorporating the good qualities of their families, while avoiding destructive behavior patterns.

*Don't you wish someone would
have given you this gift before
you were married?*

Family and friends of the couple can give a combined gift to provide the couple with a gift that will get them off to a good start and last a life time!

Pre-Marital Counseling is also highly recommended for second marriages.

*Call Christian Counseling
& Educational Services today
for information and appointments
on pre-marital counseling.*