

PreEngaged.com

Premarital Counseling

Thank you for inquiring to learn more about our premarital counseling service.

My wife and I have earned Master's degrees in Marriage and Family Therapy and have serviced over 500 face-to-face client hours. We have developed a comprehensive, well-tested, 16-week Biblically based curriculum for those who are dating and/or looking to get married. This curriculum will help you to get to know your significant other and yourself better. Some couples come to us wondering if they should continue their relationships; whereas, others come to me with that decision made, but still want to know how to have a more vibrant, healthy marriage. In either case, our program will benefit you.

If you and your partner have not been through our 8-week pre-engagement counseling track, we will start in that track - even if you are already engaged. All of the couples who continued onto the 8-week premarital track have found it worthwhile and beneficial.

Topics covered in the 8 week pre-engagement track:

- In-depth Personality Analysis (Personal and Couple)
- Expectations
- Communication Styles
- Resolving Conflict
- Handling Finances
- Working Together
- Religion and Religious Practice
- Families of Origin
- Life Goals
- ... and more!

Topics covered in the 8 week premarital track:

- Further Personality Analysis (Personal and Couple)
- Discussing Wedding Planning
- Physical Intimacy and the Wedding Night
- Community
- Living Routines
- Celebrations and Holidays
- The Sacredness of Marriage
- Parenting
- Client-specific Issues
- ... and more!

On the following pages are some questions you may have about the premarital counseling process. If you have any questions that are not addressed, please e-mail us at answers@preengaged.com!

*** Do you use Biblical principles?**

Our curriculum is based on Biblical principles. We believe that the institution of marriage was created by God to glorify God. Since He created it, we believe that no one knows how to make marriages successful better than He. He shows us how to have successful marriages in his Word. We assist by making God's principles for marriage applicable for your relationship.

*** Have other clients been successful in their relationships?**

We have enjoyed watching many of our couples grow in just a short time. We've worked with clients dealing with issues of communication, trust, financial insecurity, anger and intense relational doubt and have seen them grow tremendously in the short time we worked with them. Several are currently enjoying successful marriages and others are in the process of planning their weddings. As a part of the *premarital package*, we include a 45 minute follow-up session three months after the wedding to discuss marital adjustment. If, at that time, you both decide you would like additional counseling, we can schedule additional sessions. We love to hear from our former clients!

*** What have other clients said about your services?**

Please see our Testimonial Page for former client testimonials.

<http://preengaged.com/counseling-services/premarital-counseling-testimonials>

*** Time commitment / How much out of session time will this require?**

You will never leave the session wondering how to implement what you have learned. Each week we give specific, useful assignments to our couples to help them put the principles they have learned into practice. Some clients have spent half an hour each on these assignments while others have spent several hours. The more effort you put into completing the assignments the more you will gain from them. Usually the assignments are not extremely time consuming and often fit easily into daily life/routine. We do not assign busy work; we will only give practical assignments that will benefit you now and in the future. We recommend keeping your assignments in a three-ring binder so you can refer back to them at a later time.

*** Can the curriculum be personalized?**

We have specific topics that we are sure to cover based on the counseling selected; however, as we work through the curriculum, client concerns often come up and we want to thoroughly address each area of need. No two couples are exactly alike and our goal is to help each couple know themselves and each other better. This usually requires that we spend more time on certain topics than others.

Sometimes we find that an issue either tangents too far from the material we are discussing or the time needed to completely explore the topic is greater than the time allotted. In those cases, we are open to scheduling additional sessions at a rate of \$75 per 100-minute session. Either the couple can request the additional session(s) or we may suggest that the additional sessions be scheduled due to our experience in counseling with premarital couples.

*** We're having trouble - can we address those issues or is this lecture-style counseling?**

These sessions are interactive, not lectures. We will work with you and teach you how to work together in various areas. If you are having trouble in your relationship, we will address those issues within the time allotted or recommend additional sessions. We want you to be successful in life and we will help you work through your relational difficulties.

*** Will you be using any tests or assessments?**

Yes! We use the Psychological Audit of Interpersonal Relationship (PAIR) Test and personality testing measures. Other assessments may be added, if applicable (additional costs may apply).

*** What do we need to bring with us?**

We recommend bringing a 1 inch 3 ring binder filled with paper to keep session notes and assignments organized. We also recommend purchasing tab dividers for your binder (8 tabs, one for each session/week). You should bring this binder, along with your completed assignments, to every session.

*** Why would working with you be better than a local church offering premarital counseling at a cheaper price?**

At this critical time in your life, you should carefully consider your various options. Before we were married, we went through two premarital counseling programs that were low in cost or free. Knowing what we know now, the program we have developed would have helped us much more. There is a large difference between premarital counseling and premarital education; unfortunately, most of the time the premarital education programs are called "premarital counseling." We have an element of premarital education in our curriculum; however, when counseling issues arise, we are able to dynamically shift and address those as well due to our training and experience.

The positive feedback we have received from our clients with our blend of education and counseling has shown us that our program is meeting our clients' needs. Many clients have said that they received more from the counseling experience than they expected. This process will also teach you how to successfully communicate with your future spouse for years to come. With the many years ahead of you, we guarantee this process is worth your investment.

"Marriage is grand! Divorce is a hundred grand!" - Anonymous

*** I'm having doubts about our relationship - should we still come?**

Absolutely! We have worked with a number of couples who were having doubts about their relationships. Several were able to work through their situations and are enjoying healthy relationships. Others decided that it would be best to part ways. It is so much better to explore your doubts before marriage as they will not likely cease after you marry until they are worked through or resolved. The more you know about yourself and your potential spouse before you marry, the easier your transition into marriage will be.

*** My friends are telling us we don't need counseling... why do you think counseling is necessary?**

You would not build a home without first planning all of the intricate aspects of how each room and door connects. You would weigh the pros and cons of where to place the laundry room, the guest bath and the master bedroom. After looking into each room carefully, you would probably make adjustments to what you previously thought was your dream home. Premarital counseling is like the process of drawing blueprints for building your home. After understanding yourself and your fiancée better, you will likely find the need to make adjustments to certain areas of your relationship (communication style, financial goals, etc.). The counseling process will show you aspects about yourself and each other of which you were previously unaware.

*** My fiancée doesn't want to come. How can I convince him (or her)?**

It is not uncommon to be apprehensive about discussing personal issues with others. While discussing the topic of premarital counseling with your fiancée, find out *why* he or she is reluctant to engage in this process. If he or she is ultimately unwilling to consider premarital counseling, this may provide insight into his or her willingness to address problems in your relationship and future marriage.

*** Are we too young to get married?**

Studies show that the divorce rate for people marrying at 21 or 22 years of age is 40%-50% higher than for people marrying at 25 years of age and 80% higher for than for people marrying at 28 years of age or older. This does not mean that everyone who marries before the age of 25 is doomed, but if you are younger than 25, it is strongly recommended that you and your fiancée seek counsel, and be open to input, before deciding to marry.

*** How much does the premarital counseling program cost?**

The program is broken up into two eight-week curriculums. The sessions are weekly and are 100 minutes long (we have found that the normal 50-minute counseling hour is too short to get through sufficient material in a week's time). Each eight-week program costs \$495 per couple. Some clients ask their family for this as a part of their wedding gift. All of the clients who have paid for our services have told us they believed the cost was easily worth what they gained through the process - not just for the immediate relational benefits, but for the lifetime application of principles learned.

*** What do I do now?**

On the following pages, you will find our Premarital Counseling Intake. If you both are interested in our premarital counseling program, **each person** should completely fill out a copy of the intake.

Please scan and e-mail back to starting@preengaged.com or mail a copy of the forms to:

Eric Viets / P.O. Box 11423 / Lynchburg, VA 24506

Please also send me an e-mail when the Intake forms have been mailed.

I will get back to you on the same day of their receipt.

(Note: All product information, service information, and prices are subject to change without notice.)
Premarital Counseling Information Form (as of 24-Feb-2011)

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PreEngaged.com / Eric and Heather Viets

Premarital Counseling Intake

Date: _____

General Information

Name: _____ Male Female Date of Birth: _____
Address: _____ Phone (home): _____
_____ Phone (cell): _____
E-mail: _____

May we contact you with the above contact information and/or leave a message? Yes No

Name of Home Church: _____

Name of Senior Pastor(s): _____ Are you a member? Yes No

Church Address: _____ Phone (church): _____

Church E-mail: _____

Ethnicity

White/Caucasian Black/African American Native American Asian American

Mexican American / Latino Multiracial/Other: _____

Marital Status

Never Married Divorced: How many times? _____

Separated: For how long? _____ Widowed: (When? _____)

Children (List child's name, sex, and age for each child you have, if any)

Education, Occupation, and Economic Information

Occupation: _____ Company: _____

Current Employment: Full Time Part Time Homemaker Unemployed
 Retired Student (degree level, area of study: _____)

Highest Level of Education: _____ Approx. current household income? _____

How satisfied are you with your job? _____

Do not write below this line

Health / Counseling / Legal Information

1. Are you presently under the care of any medical doctor / practitioner? Yes No
If yes, for what condition: _____

2. Are you currently taking any prescription or non-prescription medications? Yes No
If yes, please indicate type and dosage: _____

3. Are you aware of any physical problems that impair your functioning? Yes No
If yes, please explain: _____

4. Are you currently receiving or have you in the last 3 years received counseling, individual or marital therapy, or been under the care of any mental health provider or addiction recovery provider? Yes No
If yes, for what issue(s): _____

5. Have you ever been hospitalized or been in an outpatient program for emotional issues or substance abuse? Yes No
If yes, please list when, where, and for what issue(s): _____

6. Have you ever been a victim of sexual abuse? Yes No

7. Did either of your primary caregivers (e.g., parents) ever divorce? Yes No

8. Are you currently involved in, or anticipate being involved in any litigation or legal action?
 Yes No
If yes, please explain: _____

Place a check mark beside any descriptions of what you are currently experiencing, if any:

- | | | |
|--------------------------------------|--|--|
| <input type="checkbox"/> Anxiousness | <input type="checkbox"/> Depression | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Fear | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Despair | <input type="checkbox"/> Thoughts of Suicide | <input type="checkbox"/> Hurt |
| <input type="checkbox"/> Guilt/Shame | <input type="checkbox"/> Withdrawing from Others | <input type="checkbox"/> Distance from God |
| <input type="checkbox"/> Distress | <input type="checkbox"/> Parenting Struggles | <input type="checkbox"/> Relational Stress |

If you checked any above, please explain: _____

Do not write below this line

Goals of Counseling

Please list three goals you want to accomplish during premarital counseling:

1. _____
2. _____
3. _____

Topics of Discussion

Please list three topics you want to make sure to discuss during premarital counseling:

1. _____
2. _____
3. _____

Spiritual Background

Discuss your spiritual background, current spiritual practices, and importance you place on spiritual matters.

Family Background

What is important for us to know about your family (current or history)?

Do not write below this line

Wedding Information

Date and Time of Ceremony: _____

Date and Time of Rehearsal: _____

Location of Ceremony: _____

Address: _____

Location of Reception: _____

Address: _____

Name of Wedding Director: _____

E-mail of Wedding Director: _____

Closing Questions

Referenced By

How did you hear about us?

Emergency Contact

Name: _____

Address: _____

Phone (home): _____

Phone (cell): _____

E-mail: _____

Information Sharing

Have you shared, or do you plan to share, the information in this intake with your fiancée?

Yes No

If you would like to privately discuss anything in this intake with one of us (respective same-sex counselor), please indicate the topics here:

Do not write below this line
