



PREMARITAL COUNSELING PROGRAM

A comprehensive program for engaged or newlywed couples who are looking beyond having a dream wedding and want to work toward having a **DREAM MARRIAGE!**

TOPICS COVERED

- * Your Relationship Up To This Point
- * Creating Healthy Expectations of Marriage
- * Getting a Realistic Concept of Love
- * Keeping a Positive Attitude and Outlook Toward Life
- * Ability to Communicate Feelings
- * Understanding and Accepting Gender Differences
- * Ability to Make Decisions and Settle Arguments
- * A Common Spiritual Foundation
- * Healthy Intimacy and Sexual Communication
- * Managing the Business of Marriage

PROGRAM COST

10 sessions

\$1500

- * Virtual Sessions Available Everywhere
- * In-Office Sessions at Heights Location

TOP 3 REASONS TO DO PREMARITAL COUNSELING

- * Reduced Divorce Rates
- * Improved Connections
- * Higher Relationship Satisfaction


OBJECTIVES:


- * To identify and enhance the healthy aspects of your relationship
- * To minimize maladaptive behaviors in to prevent common marital pitfalls
- * To provide education on how to maintain effective communication, healthy intimacy, and managing finances

HOUSTON
Relationship Therapy

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 Virtual or In-Office

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