

COUPLES SERVICES

TOTAL LIFE COUNSELING CENTER



Pre-marital Counseling

Let's face it- Weddings are expensive. But there is an even bigger price to pay on misconceptions, a failed marriage, hurt, betrayal, or deception. Pre-marital counseling will help reduce the likelihood of these issues. Topics discussed are:

- Family-of-Origin
- Communication
- Sexual Relationship
- Family Planning
- Finances
- Expectation/Attitudes
- Religious Beliefs
- Blended Families
- Learn to Fall in Love Everyday
- How to Resolve Conflicts
- Financial Goals & Issues
- How to Have Fun Together

Through counseling, couples will discover the roots of their beliefs, discuss potential problem areas, learn how to work through difficult situations, and learn how to have fun together.

Marriage Counseling

Is there hope for a lasting marriage?

- Learn how to resolve conflict in a healthy manner.
- Learn communication skills including listening and how to process what your spouse is saying.
- Learn how to be assertive without being offensive.
- Learn to get what you need without making demands or engage in conflict.

We can help your marriage by addressing the following issues:

- Infidelity
- Divorce
- Substance Abuse
- Physical or mental conditions
- Cultural clashes
- Finances
- Blended families
- Communication problems
- Sexual difficulties
- Conflicts about child rearing
- Infertility
- Anger



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