



Pre-marriage **INSIGHT** Program

IN-HOUSE OR SKYPE

Wouldn't it be great if you could dramatically increase your chance of a really happy marriage, and protect yourselves from that disappointing decline once the honeymoon is over?

Even though we live in a society where half of all marriages are likely to end, (with all the pain and emotional and financial fallout that that creates), we also now live at a time where we have the scientific knowledge about how to create and keep a relationship healthy and happy.

Having counselled thousands of couples in troubled marriages over 20 years, Relationship Psychologist Julie Hart has identified the key issues and areas where you are likely to have difficulties once you are home from your wonderful honeymoon.

The biggest of these are **assumptions and expectations** that we all make but don't speak of before we marry or move in together.

The next biggest factor is knowing how to **openly communicate** what we think and feel with each other.

And here's the thing – not many of us have had these things modelled to us, to enable us to pick up these skills on our own. So that's where we come in to help.

We are big believers that prevention is much better than cure, so we'd love you to get really proactive and let us help you explore your potential hot spots, putting you ahead of the curve, and giving you the absolute best chance of marriage success.

Our Pre-marriage Insight program consists of a questionnaire each of you do on your own, then 2 sessions with one of our experienced **Relationship Psychologists** to discuss what you find from the questions. (We have 70 around Australia, so there's a big chance we have one close to you. We also have Skype sessions for those who prefer.)

In the 2 sessions we also ensure that your **communication skills** are what they need to be for you to continue to have a healthy relationship over the longer term. We've found over and over again that good communication skills are one of the best investments you can make in your future marriage happiness.

So, in our program, we help you:

- Bring out into the open, and jointly develop your hopes, expectations and assumptions about all aspects of your future life together.
- These include what type of relationship you want, living arrangements, finances, children, careers, sex, extended family, growth, energy levels, personality differences, holiday and leisure, home, quality time together, flexibility, and non-negotiables.
- Talk through and resolve the many differences and any issues that are present in almost all relationships, before they escalate (which they almost always do)
- Learn to communicate in ways that allow you to speak your mind and also listen to your partner, and resolve even the toughest of difficulties, without resorting to arguing, or withdrawing. (This is such an essential, and none of us have been taught these skills).

How does it work?

Once you decide on our Pre-Marriage program, we start by booking you in for your 2 x 1-hour sessions with one of our experienced Relationship Psychologists. Once you're booked in, we email you our comprehensive questionnaire for you each to think about, complete and take with you to your first session.

On occasions where you have more complex issues, you may decide to continue these sessions to comfortably resolve any problems before getting married.

In-house, Phone or Skype Sessions are 50 mins

Two sessions are required to complete the program. Each session is 50 minutes long.

Private Health Insurance Rebates DO apply, and Medicare Rebates may apply
(please check for details)

For locations or to enquire or make an appointment, please phone us on **1300 830 552**.

The most **fun** and **effective** way to give your marriage the **best chance at success possible**.

“ Julie. I can't thank you enough. To be honest, I got dragged along by Fiona, and didn't think we needed it, but it gave me a chance to bring up some things that had been really bothering me, and now they are almost sorted. I would never have thought it could have been so productive. Thanks again.

Joshua and Fiona.

“ Well, your questions certainly created a few heated discussions that we hadn't had before. But I guess it's better out than in. Because of our discussions, we know now where our hot spots are, and are working on them. Thanks for the insight. It may have taken us years to find them out.

Michelle and David.

“ I didn't know how much my withdrawing was creating such a communication problem in our relationship. I have always blamed Karen's arguing. Thank you for your unbiased help and advice. So good to know before we start having kids and things really start stressing us out.

Alan and Karen.

