

PRE-MARITAL COUNSELLING

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Hour 1: Introduction to Pre-Marital Counseling

- **Learning Objective:** Understand the purpose and goals of pre-marital counseling, including the importance of preparing couples for marriage.
- **Activity:** Group discussion on expectations from marriage and common concerns before marriage.
- **Case Study:** Review a case involving a couple with different expectations about marriage, identifying initial counseling objectives.

Hour 2: Communication Skills for Couples

- **Learning Objective:** Explore effective communication strategies that are crucial for marital success.
- **Activity:** Role-play exercises where couples practice active listening and expressing needs and concerns.
- **Case Study:** Analyze a case where poor communication led to misunderstandings, and discuss how better communication could have prevented conflicts.

Hour 3: Conflict Resolution and Problem-Solving

- **Learning Objective:** Learn conflict resolution techniques that couples can use to manage disagreements effectively.
- **Activity:** Simulated conflict resolution scenarios where couples practice resolving hypothetical disputes.
- **Case Study:** Discuss a case involving frequent arguments over finances and how conflict resolution strategies were applied.

Hour 4: Financial Planning and Management

- **Learning Objective:** Understand the importance of financial planning and the role of finances in marital harmony.
- **Activity:** Workshop on creating a joint financial plan, including budgeting and managing debt.
- **Case Study:** Review a case where financial stress led to marital strain, focusing on the counseling interventions that helped the couple manage their finances.

Hour 5: Roles and Responsibilities in Marriage

- **Learning Objective:** Discuss the expectations and distribution of roles and responsibilities within a marriage.
- **Activity:** Paired discussions where each partner outlines their expectations and negotiates roles and responsibilities.

- **Case Study:** Analyze a case where differing expectations about household responsibilities caused tension, and discuss the outcomes of the counseling sessions.

Hour 6: Intimacy and Sexual Expectations

- **Learning Objective:** Address the importance of intimacy and managing sexual expectations in marriage.
- **Activity:** Guided discussion on sexual expectations, boundaries, and how to maintain intimacy.
- **Case Study:** Review a case where mismatched sexual expectations led to dissatisfaction, focusing on how the couple worked through these issues in counseling.

Hour 7: Family Dynamics and In-Law Relationships

- **Learning Objective:** Explore the impact of family dynamics and in-law relationships on a marriage.
- **Activity:** Role-playing scenarios where couples navigate potential conflicts with in-laws or extended family.
- **Case Study:** Discuss a case involving conflicts with in-laws, highlighting the strategies used to establish boundaries and improve relationships.

Hour 8: Planning for the Future: Children, Careers, and Life Goals

- **Learning Objective:** Help couples align their future plans regarding children, careers, and life goals.
- **Activity:** Joint goal-setting exercise where couples outline their plans for children, careers, and other long-term goals.
- **Case Study:** Analyze a case where conflicting life goals (e.g., career ambitions vs. desire for children) created tension, and discuss how the couple reached a compromise.

Hour 9: Cultural, Religious, and Personal Values

- **Learning Objective:** Discuss how cultural, religious, and personal values influence marriage and how to respect differences.
- **Activity:** Group discussion on cultural and religious values, with each couple sharing how they plan to integrate or navigate differences.
- **Case Study:** Review a case where differing religious beliefs caused conflict, focusing on how the couple learned to respect each other's values.

Hour 10: Ethical Considerations and Setting a Strong Foundation

- **Learning Objective:** Reflect on ethical considerations in pre-marital counseling and strategies for building a strong marital foundation.
- **Activity:** Group discussion on the ethical boundaries in pre-marital counseling and final reflections on what each couple has learned.
- **Case Study:** Discuss an ethical dilemma in a pre-marital counseling case, exploring how it was resolved and the lessons learned.

This syllabus is designed to provide a comprehensive and practical guide to pre-marital counseling, combining theory with activities and real-life case studies to prepare couples for marriage.