

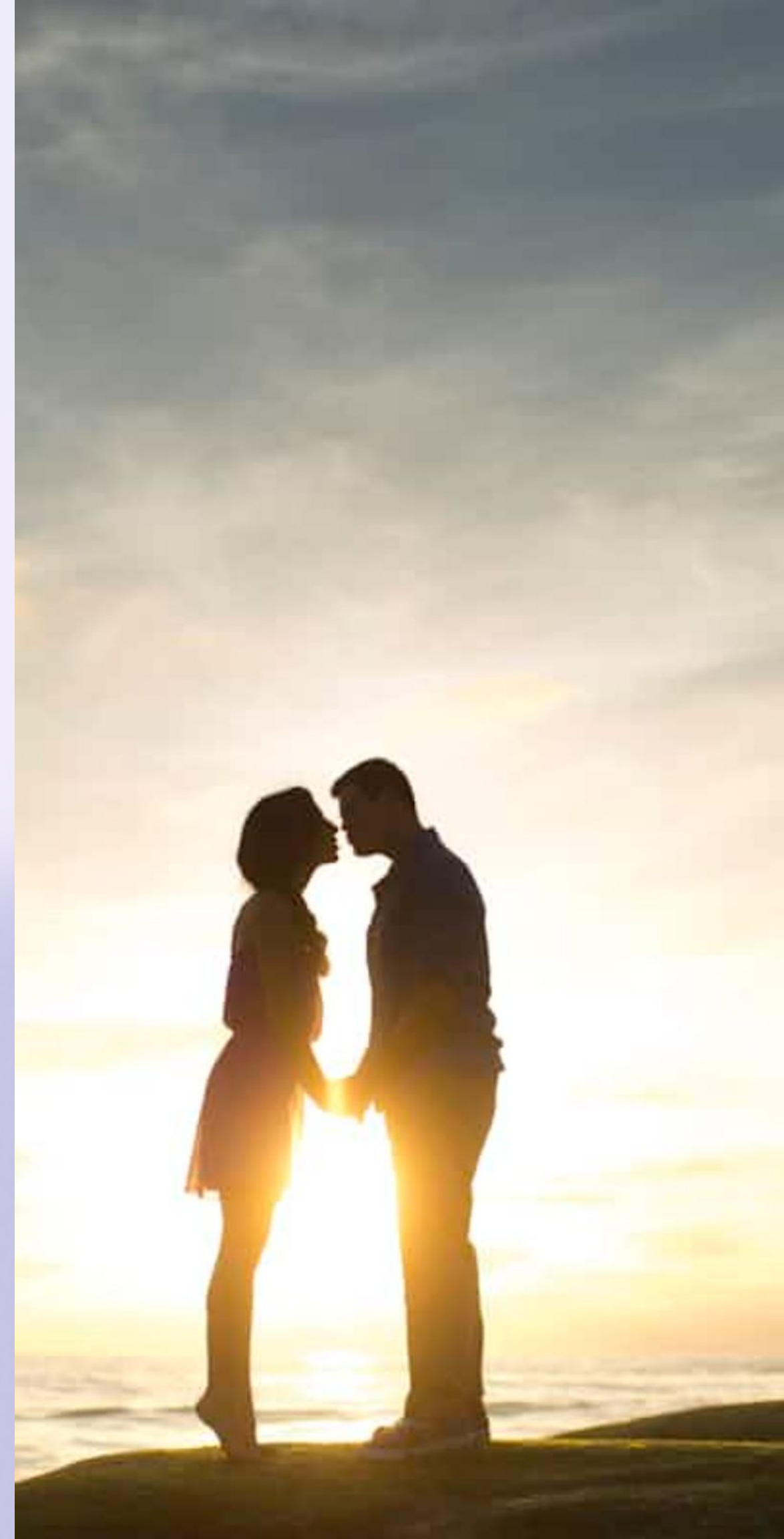
# Before "I Do": The Premarital Therapy Program Brochure

**Duration:** 12 Weeks **Format:** 12 Sessions

- 6 Joint Sessions (2 hrs)
- 6 Individual Sessions (1 hr per partner)

**Delivery:** In-person or virtual

**Tools:** Program Workbook (Digital or Physical)



# Welcome

Marriage is not just a milestone it's a living, evolving partnership. *Before "I Do"* is a **therapist-led** experience designed to help couples build the emotional, psychological, and practical foundation they need to thrive long after the **wedding day.**

This is not surface-level work. It is a thoughtful, safe, and intentional space to explore who you are, how you love, and how to co-create a meaningful future.

Whether you're newly engaged or deeply considering a lifelong partnership, this program is designed to bring clarity, connection, and confidence.



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# What Makes This Program Unique



## 12 Deep-Dive Sessions

Blending both joint and individual work.



## A Structured Weekly Flow

Rooted in emotional safety, psychological insight, and relational intelligence.



## Workbook

Tailored to enhance introspection, growth, and shared understanding.



## Therapist-Curated

With proven frameworks from attachment theory, Integrated couples therapy trauma recovery, emotional regulation, and Gottman-based techniques.



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## Bi-Weekly Themes at a Glance

### Joint Session (Week 1)

One **Joint Session** (2 hours)

### Individual Sessions (Week 1)

One **Individual Session** per partner (1 hour each)

### Workbook Activities

**Workbook reflections and connection activities** to strengthen learning



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# Program Weekly Themes

<b>Week 1 — <i>The Foundation of Us</i></b>	<b>1-2</b>	
	<b>3-4</b>	<b>Week 2 — <i>Knowing Each Other Deeply</i></b>
<b>Week 3 — <i>Communication &amp; Conflict Management</i></b>	<b>5-6</b>	
	<b>7-8</b>	<b>Week 4 — <i>Money, Boundaries &amp; Family Systems</i></b>
<b>Week 5 — <i>Intimacy, Forgiveness &amp; Repair</i></b>	<b>9-10</b>	
	<b>11-12</b>	<b>Week 6 — <i>Shared Meaning &amp; Lifelong Commitment</i></b>



# Is This For You?



## Preparing for commitment

Preparing for marriage or a long-term commitment



## Open to self-reflection

Open to both individual and joint self-reflection



## Seeking relationship tools

Wanting tools for communication, intimacy, and long-term vision



## Emotional exploration

Willing to explore your emotions, needs with depth and honesty as a couple



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# Final Word

1

**Love is not enough**

2

**Love + Intention**

but love, supported by intention

3

**Love + Insight**

insight, and emotional skill

4

**Becomes Unstoppable Love**

*Before "I Do"* is your invitation to build not just a wedding day, but a foundation for the years that follow. With clarity. With courage.

With heart.



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