

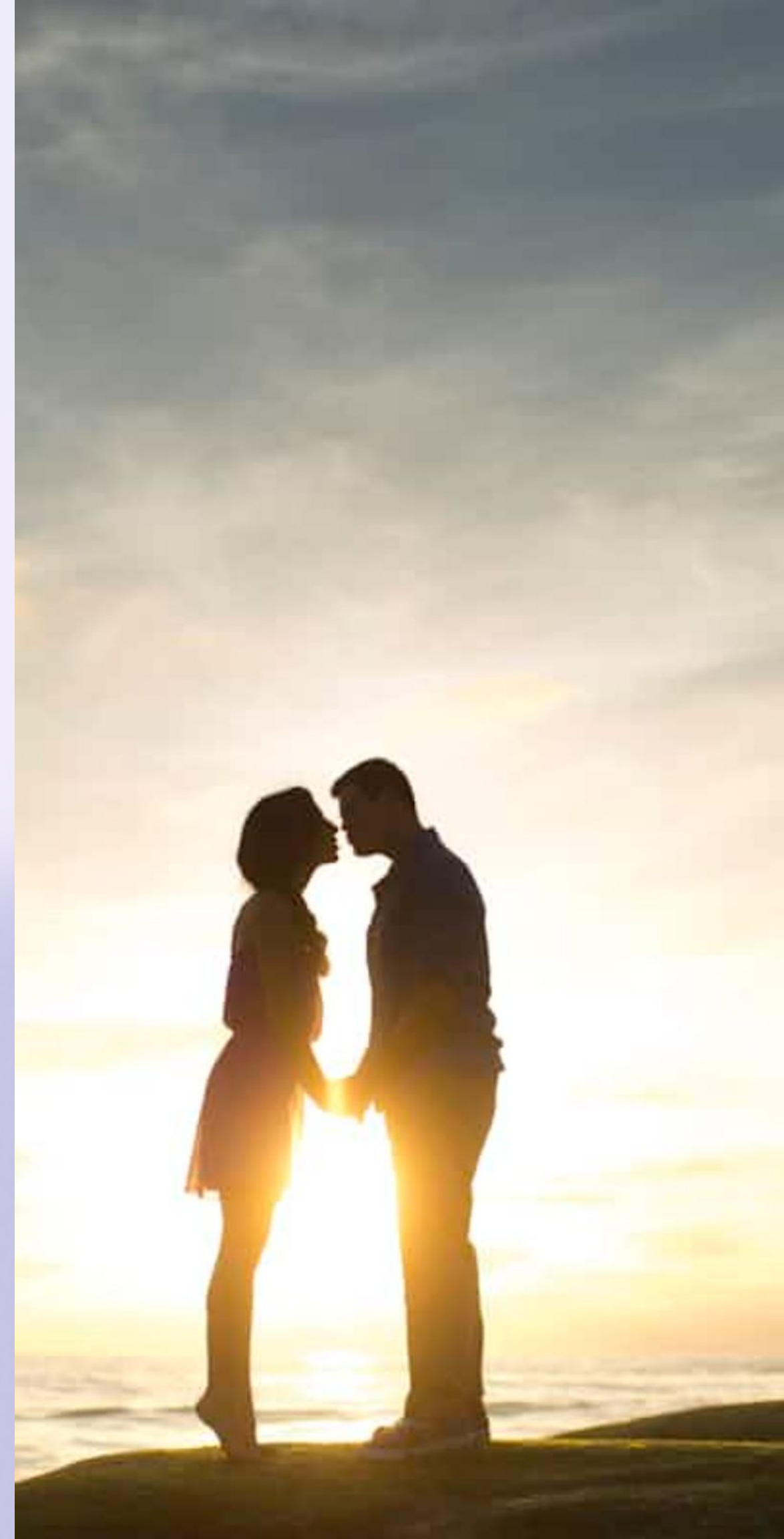
Before "I Do": The Premarital Therapy Program Brochure

Duration: 7 Weeks **Format:** 7 Sessions

- 4 Joint Sessions (2 hrs)
- 3 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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PSYCHOLOGICAL SERVICES



What Makes This Program Unique



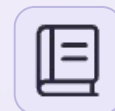
7 Deep-Dive Sessions

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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Weekly Themes at a Glance

Joint Session (Week 1)

One **Joint Session** (2 hours)

Individual Sessions (Week 2)

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

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



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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