

# Nurturing A Great Marriage

*Nurturing a Great Marriage* was developed for the purpose of taking your good marriage and making it great. My belief is that investing in a great marriage leads to blessings for you as well as future generations. By choosing intentionality in your marriage, you'll continue to invest in a healthy relationship and avoid settling into patterns of drifting apart or never addressing issues. *Nurturing a Great Marriage* is a program where you will receive customized counsel and personalized feedback from me, a trained Marriage and Family Therapist. Specific details about this package are outlined below. Please don't hesitate to contact me directly by phone or e-mail ([marriage@accounseling.org](mailto:marriage@accounseling.org)) should you have additional questions.

## Who can go through this program?

- The principles and concepts from this experience can be applied to your relationship regardless if you have been married for two years or forty years.

## What topics are covered *Nurturing a Great Marriage*?

- Your spouse and you will spend time with me reviewing specific strengths in your marriage and areas which need some attention. Topics covered range from communication and conflict resolution to personality differences and spiritual connection. Based on your needs, other areas that may be covered include: financial management, roles and responsibilities, sexuality, parenting and the effects of stress.

## What are some of the results of going through *Nurturing a Great Marriage*?

- You will be able to clearly identify your relationship strengths and growth areas.
- Development of greater self-awareness and communication skills will allow couples to respond, rather than react, to each other.
- You will have the opportunity to apply conflict resolution principles to a specific situation.
- Your emotional and spiritual intimacy is strengthened.
- The opportunity for ongoing marital check-up's will be available to you.

## How does this take place?

- The first step is to schedule a free, 30-minute phone call with me to discuss your marriage, this program, and what you would like to gain by going through it.
  - Your spouse and you will complete assessments to gather relationship history, strengths, and growth areas. The assessment process will include two online assessments that will provide you with customized feedback:
    - **Myers-Briggs Type Indicator:** assesses personality and communication styles.
    - **ENRICH:** a relationship assessment which identifies relationship strengths and growth areas.
  - You will receive a personalized feedback session where I will make recommendations. Potential recommendations could be books and other helpful resources focused on identified growth areas or additional sessions with me.
  - Additional session time can be incorporated, as needed.
  - Schedule a follow-up phone call with me, approximately 3 – 6 months from initial meeting, to assess skill implementation and ensure continued growth.
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## **What is the cost?**

- The costs will be based on the number of sessions needed by the couple.
- As with our other services, we offer a sliding fee for this service based on family income.

## **Where does the *Nurturing a Great Marriage* program take place?**

- This program is available both at our Morton, IL office and, remotely, by videoconferencing.

## **What if there is a couple I know that would benefit from this experience, but cannot afford it?**

- You may consider gifting this experience to others. A strong, healthy, and vibrant marriage can have a positive impact on future generations.

Sincerely,

Kaleb Beyer, LMFT

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