

Marriage Check Up

Overview

Many people consider it to be a standard of caring for their physical body by having an annual physical. Unfortunately, many of us do not take the time to assess our marriages and acquire an accurate picture of the current state of our relationship. At Safe Harbor, we believe that preventative measures and enrichment of marriages before they unravel are essential to building a fulfilled marriage. We invite you to take our 3 or 5 session marriage check up in order to help your marriage thrive!

Our marriage check up consists of taking an initial inventory called Prepare/Enrich. This inventory provides a comprehensive snap shot of the relationship of a couple including measurable scores in various areas of the relationship. Then, the couple has 5 follow up session with a trained counselor in order to discuss relational matters assessed by the inventory.

Relationship areas covered by the Inventory

Part I: Personality assessment which assesses the following 4 areas: Assertiveness, Self confidence, Avoidance, and Partner Dominance

Part II: Relationship assessment which assesses the following areas: marriage expectations, personality issues, communication, conflict resolution, finances, leisure activities, sexual relationship, parenting, social, role relationship, and spiritual beliefs. Based on these items, each couple is identified as 1 of 5 types of couples ranging from Devitalized to Vitalized.

Part III: Family and Couple map: Family of origin issues and current relationship issues are charted to provide insight into dynamics of the couple relationship.

Follow up sessions:

The counselor meets with the couple for 5 sessions to discuss the results of the inventory and lead the couple in actual exercises aimed at enhancing communication and understanding.

The sessions are structured as follows:

Session 1: Identification of strength and growth areas of the relationship

Session 2: Communication, active listening, assertiveness

Session 3: Conflict resolution

Session 4: Exploration of family of origin issues

Session 5: Finances

Cost:

\$500 for the inventory and 5 follow up sessions

or

\$325 for inventory and 3 follow up sessions

Registration:

To register, call 410-893-4600 and speak to Ruth or Lisa