

# IGNITE

## *Premarital Counseling*



**Saturday, April 14th, 2012**  
**9:00am - 4:00pm**

### **Why Should Couples Receive Premarital Counseling?**

Marriage is a union of two individuals who have come together from different families, each with a different set of expectations concerning marriage.

Both spouses have been shaped by positive and negative experiences within their own childhood homes. Because of this, each has a predetermined idea about:

- How conflict should be handled
- The value of money management
- Religion
- Having children
- What it means to love someone

God's Word teaches that marriage is a covenant between a man and a woman that is intended to last for life. Christian marriage is based upon an unconditional commitment that takes the classic marriage vow "till death do us part" very seriously.

**IGNITE** prepares a couple seeking marriage to enter into a relationship based upon sacrificial love for one another, and to place the needs of others before the needs of self.

**\$350/Couple**

### **IGNITE is a 6-hour\* Workshop That Will Help Couples:**

- Identify strength and growth areas
- Explore personality traits
- Strengthen communication skills
- Resolve conflicts and reduce stress
- Compare family backgrounds
- Comfortably discuss financial issues
- Establish personal, couple and family goals

Prior to the **IGNITE** Workshop each individual will complete the Myers Briggs Personality Assessment and Prepare/Enrich Relationship Assessment online. These assessments will be incorporated into the **IGNITE** curriculum and each couple will receive a copy of their individualized reports.

*\*There will be a 1-hour break for couples to leave for lunch.*

#### **Lenore Doster, M.A., PsyD.**

Dr. Doster the Clinical Coordinator at The Summit Counseling Center and the author of **Rock Solid Parenting: Secrets of an Effective Parent**. In addition to facilitating **IGNITE**, her practice includes spiritual integration into the recovery process and her specialties include: life transitions across the life span, parenting, teen therapy, family therapy, young adult development, stress management, and anger management.

2750 Old Alabama Road, Suite 200  
Alpharetta, GA 30022  
Phone: 678-893-5300  
Fax: 678-893-5312

**[www.summitcounseling.org](http://www.summitcounseling.org)**

Email: [info@summitcounseling.org](mailto:info@summitcounseling.org)