



Phone & Videochat
or Face-to-Face

Northern Frontiers Pre-Marriage Counselling 2021 Brochure



Get the best possible start to your relationship

Making a lifelong commitment is one of the most exciting times in a couple's life, but it can also be one of the most daunting. Pre-Marriage Counselling helps partners understand their own and each other's needs and expectations. Recognizing these at the start of the relationship can ensure love lasts a lifetime.

Northern Frontiers' Senior Counsellor, Melinda Bailey, uses a therapeutic approach called Emotionally Focused Couples Therapy to encourage couples to openly and honestly discuss their needs around the following:

- Affection
- Openness and Honesty
- Admiration
- Sexual Fulfillment
- Intimate Conversation
- Family Commitment
- Financial Support
- Physical Attractiveness
- Recreational Companionship
- Domestic Support

Couples are then asked to rank their needs in order of priority i.e. Low/Moderate/High. Education around the impact of living with unmet needs (i.e. emotional distress) and the benefits of knowing and meeting each other's needs (close bonding/staying in love) is provided. In this way couples gain valuable insight into their own needs as well as those of their partner.

Melinda calls this 'a couple's blueprint to keeping each other happy' and explains that, because partners are not mind-readers, they need open and honest communication to avoid making assumptions about each other's needs. Couples also learn how to actively listen for understanding by engaging in an activity called the Imago Dialogue. Sessions last for up to 50 minutes.

Individual counselling sessions are \$110.00 and couple's sessions are charged at \$130.00 / 50 min session.

PROFILE



Melinda Bailey

- Senior Counsellor
- Family Dispute Resolution Practitioner
- Parenting Consultant
- Bachelor Social Science
- Post Grad Diploma Family Dispute Resolution

Melinda has 20+ years counselling experience working with people from a broad demographic across a wide range of life issues.

For further information call
1300 90 81 70

or our centralised appointment line
0419 531 269

Email: reception@northernfrontiers.com.au
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