



Phone & Videochat
or Face-to-Face

Northern Frontiers Services Pre-Marriage Counselling 2024 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.

At Northern Frontiers we use a therapeutic approach called Emotionally Focused Couples Therapy to encourage couples to openly and honestly discuss their needs around the following:

- Respect
- Honest communication
- Validation
- Affection
- Sexual Fulfillment
- Separateness
- Togetherness
- Domestic Support
- Financial Support
- Parenting Teamwork

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.

Our Counsellors call this their "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 can be conducted face-to-face, via phone, or videochat (FaceTime, MSTeams or Zoom).

- FREE 5-10 minute individual intake call
- 30 minute - \$84.00 (individual intake)
- 50 minute - \$140.00 (individual intake)
- Joint 50 minute session - \$150.00