**Renewed Hope Counseling Services, LLC - PREPARE Program**

The Prepare/Enrich Program is a fantastic way for premarital couples to get to know each other at a much deeper level than they could have even imagined. It teaches couples how to communicate about their struggles in various areas of their relationship long before they potentially become an issue or problem... it’s like heading them off. In this program the couple will be given the tools of prevention that they may need later in their marriage.

There is one initial 1 hour session. This meeting is where I explain the program to the couple and what they will be learning and going through. This is a time for me to get to know a little background of the couple and for them to get to know at least a little bit about this person they will be sharing many intimate and private areas of their lives with. At that time also, I will be asking the couple for an email address from each of them as they will be taking the Prepare Inventory on line in the privacy of their home. That inventory has a onetime fee of $35.00 which the couple will be required to pay on line when the first person goes on the computer and follows the instructions given in the email. This is a completely safe; secure site. They will be required to not discuss the inventory to each other until they have both completed the inventory. There is **NO COUNSELING FEE** for that first session.

The couple will then be required to attend 6 more 90 minute sessions. What I typically recommend is that when the couple comes in for their first session that they have 1-2 other preliminary dates/times they would like to come in. I try to give my premarital, enrichment and regular bases clients’ priority of session times; but in order to do that I need to know what will work for them (schedule of my hours below). During the next 6 sessions, the couple and I will be going through the 26 page Facilitator Report that I receive on line as soon as they both have completed the inventory.

The first session of the 6 (Feedback Sessions) we will be covering an overview perspective of the results of their inventory and then during the remaining 5 sessions getting more into each of the primary categories of Communication, Conflict Resolution, Partner Styles and Habits, Spiritual Beliefs, Parenting and Children, Family and Friends, Roles and Responsibilities, Leisure Activities, Financial Management, Sexual Relationship and Marriage Expectations among many other topics we will be discussing such as Assertiveness, Self-Confidence, Avoidance, Overall Satisfaction and Idealistic Distortion.

The couple will have growth and development exercises to complete at home each week. They will begin by completing the exercises separately and then during the session discussing their responses. By the 4th session they will be completing the exercises separately and then discussing their responses together at home and then discussing the result of that during the session. Finally by the 5th through 6th session they will be completing and discussing the exercises together and then discussing their results and experience during the session.

As an awareness notice to all my premarital and enrichment couples; I am a Christian Counselor. I base the discussions and direction of counseling on Christian and Biblical Foundation of my experiences, my personal reading and understanding as well as Biblical Training and conversations with Biblical Pastors and Scholars. With that said... I do not, or at least try not, go beyond where each couple is at in their Spiritual walks and relationships with Jesus Christ. It is not my job nor my ability to judge them in what they believe, where they are in their beliefs nor by their previous actions and behavior. I view it as that I offer knowledge in various ways in how to help each couple develop and grow their marriage. What they use of the materials provided is totally up to them and I believe that Scripture is just one of the many tools that can help couples grow deeper and closer in their relationship with each other.

During the Premarital Program I provide Scripture for the couple to read and at times (based on couples comfort level) ask that they read a few passages pertaining to each category or topic we are discussing, i.e. Communication, Conflict Resolution, etc. Then I will ask them, "What do you think?" It does not matter what I think of the passages or how I see or use them that CAN ONLY be determined by the couple. I want to reassure you that at no time will I be forceful with the scriptures in saying, "you must believe this," or "this is what you must do" sort of approach as that is not in my nature to do that. The couple has to determine for themselves what they believe or want to do with the information provided and whether it is something they deem as helpful to their relationship.

At the end of the Premarital Program the couple will be provided with a certificate of completion which they will take to the court house when they purchase their marriage license and will be given a reduced fee on their license fee. The fee for a marriage license application in Minnesota is **$40.00** for parties who have completed at least 12 hours of premarital education (see requirements below). The fee for the license is **$115.00** if you have not met the premarital education requirements.

**Cost of the Prepare Program**:

Online Inventory - Onetime fee of $35.00 (covers both inventories) to be paid prior to taking the inventory

Counselor Fee: There are 2 options

Option #1 - Pay $240.00 during the first feedback session (2nd time the couple comes in)

Option #2 - Couple pays $40.00 each of the 6 sessions.

If for some reason due to a couple struggling in his/her relationship, I will charge the couple an additional $40.00 per each session required beyond the initial 7 sessions. There have been times where couples have struggled in specific areas, i.e. Communication, Conflict Resolution, Parenting etc., where I will take additional time to focus on that particular area to help the couple discuss the issues presented and hopefully find resolution. As a counselor, I don't believe in rushing through a program for the sake of completing the program "on time." I believe in healing and restoration and sometimes that may take a little longer in some areas, depending on what is presented as issues and/or concerns; which then may extend us 1-2 sessions beyond the program parameters. Again, this is NOT about completing a program for the sake of "getting it done;" it's about learning, growing, developing along with at times, some healing and restoration whether it be within the relationship or outside of the relationship (family-of-origin).

If the couple would like to take a quick overview of the Prepare Program, they can go to [www.prepare-enrich.com](http://www.prepare-enrich.com) and be able to get a familiarity of what to expect along with read a few articles if they would like.

**Business Hours**

Mon - Thur - 10:00 am - 9:00 pm (Last session scheduled no later than 7:30 pm)

Fri - 10:00 am - 6:00 pm (Last session scheduled no later than 5:00 pm)

**LOCATION**: 14555 S. Robert Trail, Suite 10, Rosemount MN 55068

If you need any further information or clarification of what has been presented above, please feel free to call John Benson at 651-423-0508 or 651-210-4052; or email at renewedhopeservices@gmail.com.

**John Benson, M.A. Marriage and Family Counselor**