

PST-D555
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Pre-Marital Prep/Counseling

One Credit
Winter , 2010
Tuesday:: 6:30—8:20
Office Hrs.: By appt.

Course Description:

This course will provide a comprehensive understanding of the importance of Pre-commitment coaching/counseling; Pre-marriage preparation and education and the need for on-going marriage education for married couples. An extensive array of materials, and resources will be provided. Participants will be expected to give the FOCCUS instrument to one couple. The above will be presented in the context of a Theology & Spirituality of Marriage and Relationship.

Course Objectives:

To understand the importance of guiding couples in discerning a Call to Marriage
To learn basic relationship skills in order to teach them to couples seeking to be married.
To recognize the wedding of the spiritual and the practical in order to live out faithfully the marriage vows.
To become familiar with some of the very many resources available for marriage and relationship education.
To learn how to administer the FOCCUS instrument to couples seeking to be married or engaged.

<u>Learning Outcomes</u>	<u>Means of Assessment</u>	<u>Habitus Addressed:</u>
Student will expand knowledge of the resources available for Marriage Prep. Education	Evaluation of materials	Close reading of text Written & oral comm.
Understand Marriage as a Call	Written reflection	Theological reflect.
Blending the spiritual & Practical dimensions of Marr.	Critical reflection of Text presented	Theol. Reflect. Analysis of materials
Ability to administer FOCCUS	Report on adm. FOCCUS to couple.	Written & Oral comm
Importance of Personality Interplay in Marriage	Take & Report on Kiersey Ps. Inventory	Written & Oral comm

Evaluation will be based on:

Reading and understanding materials presented in class.
Report based on FOCCUS inventory given to a couple ;
Report on taking and assessing the Personality Inventory

Required Texts: **Books available from Instructor**

Brennan, Bridget & Shen, Jerome. *Claiming our Deepest Desires, the Power of an Intimate Marriage*. Collegeville: Liturgical Press, 2004. \$13.

Brennan, Bridget. *The Marriage Connection, Wedding the Spiritual and the Practical*. St. Louis: The Cana Institute. 2001. \$25. includes CD rom

FOCCUS Inventory, Family Life Office. Omaha, Ne. \$7.

David Kiersey. *Personality Inventory*. Del Mar: Prometheus Nemesis Books, 1998. \$1.

ACTA. *Perspectives on Marriage Workbook*. Chicago, Il. \$7.

Recommended:

Gottman, John, *Seven Principles for Making Marriage Work*. New York: Three Rivers Press, 1999.

Kritsberg, Wayne. *The Adult Children of Alcoholics Syndrome*. New York: Bantam Books, 1985.

Rodgers, Beverly and Thomas. *Adult Children of Divorced Parents*. Ca.: Resource Publications.2002.