

Is this Class for Us?

Thanks for taking a moment to consider if the Seven Principles for Marriage class is right for you. I learned about John Gottman years ago and found his research to provide a rare combination of research-based interventions that are practical and engaging. To learn more about Dr Gottman's work: <https://www.gottman.com/about/research/couples/> Since then I have been working to apply what I have learned both in my own marriage and in the therapy I provide to couples. Now I am looking forward to sharing with you some of what we have learned in the form of a class.

The course is designed with the following couples in mind:

- Couples seriously dating, contemplating engagement, or engaged
- Couples living together
- Couples who have been together or married for decades

This particular course has been designed to help a range of different types of couples. We look forward to a rich dialogue with people at different points in the course of their relationships. The class, however, is not appropriate for couples experiencing the following:

- severe relationship distress
- significant emotional or physical abuse
- serious emotional or mental health problems
- relationships where one or both partners are actively addicted to drugs or alcohol
- relations with serious compulsive behavior with gambling
- sexual acting out
- disruptive behaviors

If you are currently in therapy, you may wish to consult with your provider to discuss if you may benefit from this educational seminar.

The goals of the program include:

- Strengthen relationships by teaching couples to apply the seven principles.
- Normalize relational experiences that are often dealt with in isolation by couples.
- Provide an alternative to counseling for couples to begin the work of strengthening their relationships.
- Eliminate the stigma associated with seeking out marital and mental health counseling if a need arises.

Today we know that people who marry for the first time have a 50/50 shot of remaining married. Not many I know enter marriage believe that their marriage will be casualty. Sadly, research indicates that couples often wait an average of 6 years before getting help with problems they have identified in their marriages. This can obviously lead to more hurt, emotional distress, and an exacerbation of the original problems. Equally concerning is the statistic that 37% of couples never sought out therapy prior to divorce. It is our hope at Peninsula Pastoral Counseling Center that we can aid couples in finding the resources that will help them in solving their problems and create lasting love relationships.