

## **“Enriching your relationship is a sound investment.”**

**If you are a newly engaged couple** the PREPARE Couple Program can encourage you to developing a strong and growing relationship with one another. Given that nearly half of today’s marriages end in divorce, it makes good sense to safeguard your relationship by investing time and money in keeping it vital.

**If you are a couple not yet engaged** but are interested in moving toward a deeper commitment, the PREPARE Couple Program is an excellent opportunity to accurately assess your relationship and learn how to share your feelings and ideas so that you can grow and decide together what comes next.

***“Relationships aren’t automatic; They require conscious attention.”***

The PREPARE Couple Program will assist you in identifying relationship areas to enrich, help you build on your strengths and teach you to communicate more effectively with your partner. It also contains a variety of couple exercises that can help you achieve these goals. The exercises are designed to encourage you to talk with each other and plan together how you will approach a variety of important topics.

### **The PREPARE Couple Program will help you:**

Explore Your Relationship Strength and Growth Areas

Strengthen your communication skills, including assertiveness and active listening

Learn skills to resolve conflict

Explore relationship styles and families-of-origin issues

Develop a workable budget and financial plan

Develop personal, couple, and family goals



**Package Price: \$875**

*( a \$960.00 value )*

#### **Package Includes:**

Six Counseling Sessions  
(50 minutes each - additional sessions on request]

PREPARE Couple Evaluation  
(online access for \$35.00 ]

Skill Building Exercises  
Homework Assignments  
Resources for Growth

## **Counseling Schedule**

### **Session I**

Overview

Couple’s Expectations  
Goals for Counseling  
Administer PREPARE

### **Session II**

Marital Expectations  
Communication Exercise I  
Communication Exercise II

### **Session III**

Conflict Resolution Exercise  
Couple Relationship Style  
Family-of-Origin

### **Session IV**

Financial Plan and Budget  
Goal Exercise  
CHANGE Model

### **Session V**

Remaining Areas Part 1:  
Personality Issues, Leisure Activities,  
Sexual Expectations, Children &  
Parenting, Family & Friends,  
Role Relationship  
and Spiritual Beliefs

### **Session VI**

Remaining Areas Part 2:  
Review and Evaluation  
Recommendations  
Resource List

**“Failing to prepare is like preparing to fail”**

**PREPARE** was designed to help you learn more about *yourself*, *your partner*, and *your relationship*.

**Areas of Focus:**

- + Marriage Expectations
- + Conflict Resolution
- + Communication
- + Sexual Relationship
- + Financial Management
- + Spiritual Beliefs & Practices
  - + Personality Issues
  - + Relationship Roles
  - + Leisure Activities
  - + Family & Friends
- + Children & Parenting

A special version, PREPARE MC, is available for couples considering marriage who already have children.

The PREPARE Couple Program is only available through professionals certified by Life Innovations, Inc.

**Linda E. Carlos, LMFT**  
**(916) 685-5258, VM 11**

Elk Grove Office  
[www.creeksidetherapists.com](http://www.creeksidetherapists.com)

Gold River Office  
[www.grcca.com](http://www.grcca.com)

**About Your Counselor...**

Linda E. Carlos is a licensed Marriage, Family, and Child Therapist in private practice in Elk Grove. She received her undergraduate degree in Psychology from California State University, Sacramento, and her Masters of Arts degree in Marriage and Family Ministries from Fuller Theological Seminary in Pasadena. Linda began her private practice in 1992 in Elk Grove, and opened a second office in Gold River in 2019.

Linda specializes in Couples Therapy and Trauma Recovery and offers a variety of counseling services to individuals, couples, families, and groups. She also supervises Associate Marriage, Family and Child Therapists. In addition to her practice, Linda serves on the Board of Mission of Grace Foundation and is an active member at Common Ground, A Covenant Church.

# **PREPARE for Couples**



**“Prepare for your Marriage,  
not just your Wedding”**

**Provided by:**

**Linda E. Carlos**  
**Marriage & Family Therapist**