

THE
DR. VIVIANA
METHOD



PREMARITAL COUNSELING

ONLINE PREMARITAL COUNSELING PROGRAM

A comprehensive program for engaged or newlywed couples who are looking beyond having a dream wedding and want to work toward having a **DREAM MARRIAGE!**

TOPICS COVERED

- * Your Relationship Up To This Point
- * Creating Healthy Expectations of Marriage
- * Getting a Realistic Concept of Love
- * Keeping a Positive Attitude and Outlook Toward Life
- * Ability to Communicate Feelings
- * Understanding and Accepting Gender Differences
- * Ability to Make Decisions and Settle Arguments
- * A Common Spiritual Foundation
- * Healthy Intimacy and Sexual Communication
- * Managing the Business of Marriage

ONLINE SELF-LED

TOP 3 REASONS TO DO PREMARITAL COUNSELING

- * Reduced Divorce Rates
- * Improved Connections
- * Higher Relationship Satisfaction

OBJECTIVES:

- * To identify and enhance the healthy aspects of your relationship
- * To minimize maladaptive behaviors in to prevent common marital pitfalls
- * To provide education on how to maintain effective communication, healthy intimacy, and managing finances

PROGRAM COST 10 Digital Lessons

900

CREATED BY LICENSED MARRIAGE
AND FAMILY THERAPIST AND
RELATIONSHIP EXPERT

DR. VI♥VIANA™