

# Frequently Asked Questions: Prepare-Enrich

## What is the purpose of this program?

The program is designed to support couples to build their relationship skills and to learn to understand themselves and their partners better.

## How long is the program and is it offered face-to-face or online?

This program is delivered by 2 x 90-minute sessions or 3 x 1-hour sessions either face-to-face or online via telehealth (Zoom). Couples work with a counsellor in private sessions to complete the program.

## What is required of couples completing this program?

Couples will be asked to complete an individual online questionnaire before attending the sessions. Couples are expected to complete the questionnaire privately and to refrain from discussing the questions whilst completing the survey to ensure accuracy of results. Couples are free to discuss the questionnaire after both parties have completed it. The questionnaire takes 40 minutes to complete, and the results will be used by the counsellor to customise the sessions. The questionnaires will need to be completed a minimum of one week before the first session.

## What topics are covered?

This program explores a variety of topics including children and parenting, relationship roles, sexuality and affection, spiritual beliefs, family and friends, financial matters, communication styles and other important areas of intimate relationships. The discovery of marital strengths and weaknesses can help to develop realistic expectations in the relationship.

## Who can attend?

This course is open to couples preparing for marriage, couples preparing for long-term commitment and couples wishing to enrich their existing relationships/marriage.

## What equipment is required for the online delivery of the program?

Participants need to have access to a device such as a laptop/computer or tablet, stable internet connection, and be able to have privacy for the duration of the session. Participants may use a smartphone if other devices are not available. Online sessions will be held via Zoom.

## Prepare-Enrich FAQs

### Are couples expected to discuss personal issues?

Couples will complete the program privately with a counsellor. All counsellors at Relationship Matters adhere to strict confidentiality requirements as stipulated by ethical and legal frameworks. Couples are encouraged to discuss personal issues openly and share what they feel comfortable with. The counsellors will strive to ensure the sessions be safe, respectful, and non-judgmental for couples to freely open up.

### How do you enrol?

Participants can enrol via our website or by contacting us on 1300 543 396.

### Do you get a certificate at the end?

Yes, participants will receive a completion certificate once the 3-hour program has been completed.

### What is the cost of the program?

The cost of this program is \$365 per couple (no concession rates available for this program).

### For more information visit:

<https://relationshipmatters.com.au/programs/prepare-enrich-committed-couples-private-session/>