

Additional Resources For Premarital And Marital Counseling

In some situations, elders may find it appropriate to provide a couple with additional resources. The materials listed below are often used in premarital and marital counseling. Elders can use these materials, as needed, with engaged or married couples. In addition, several helpful and easy-to-use personality and relationship inventories are listed for when an elder feels those would be helpful. All of the books and inventories listed below can be obtained by contacting ACCFS at 309-263-5536 or office@accounseling.org.

Each elder will need to decide if, when, and which materials to use. For example, some elders may choose to routinely recommend that engaged couples read specific books and/or take a personality inventory. Others may choose to only use these materials in certain circumstances. These decisions will depend on variables such as the specific needs of the couple, the elder's comfort level in doing counseling, and the amount of time needed to adequately cover topics.

I. **PREMARITAL-MARITAL HANDOUTS BINDER.**

The Premarital-Marital Handouts binder was put together to make it easier for elders to do counseling with couples. It contains all of the modules and supplemental handouts referred to in the Premarital Counseling Session Outline and eliminates time spent looking for handouts and making copies prior to counseling sessions with engaged or married couples. The binder also helps couples easily find and refer to the handouts after marriage. Elders should feel free to make copies of the binder for use in their church and should feel free to make any changes in order to accommodate local needs. Complete binders of these handouts are available by contacting ACCFS.

ACCFS will gladly assemble and mail you copies of the Premarital-Marital Handouts binder. To request additional copies, please contact the ACCFS office at 309-263-5536 or office@accounseling.org.

II. **BOOKS (BY TOPIC).**

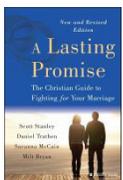
A. **Affection and love languages.**



Chapman, Gary. *The Five Love Languages*. Chicago: Northfield Publishing, 1995.

Comments: This book is very helpful in teaching couples how to best communicate and express love to each other. The author describes five primary “love languages” and shows how people tend to both give and receive love in different ways. This book is easily readable and is quite practical.

B. **Communication and conflict resolution.**



Stanley, Scott, Trathen, Daniel, McCain, Savannah, and Bryan, Milt. *A Lasting Promise: A Christian Guide to Fighting for Your Marriage, New and Revised Edition*. San Francisco: Jossey-Bass, 2014.

Comments: This book teaches communication and conflict resolution skills. It helps couples identify types of destructive conflict and teaches how to use the “speaker-listener technique” to deal with areas of misunderstanding. This book can be helpful to teach skills to young couples just starting their relationships and for married couples who are having marital conflict.

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C. Gender Differences.



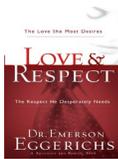
Feldhahn, Shaunti. *For Women Only: What You Need to Know about the Inner Lives of Men*. Atlanta: Multnomah, 2004.

Comments: This book deals with what women need to know about the inner lives of men. The author did a survey of hundreds of men to obtain the information for this book. The results, given by topic, can be helpful to any woman who wants to understand her husband better. Informative and practical.



Feldhahn, Jeff & Shaunti. *For Men Only: A Straightforward Guide to the Inner Lives of Women*. Atlanta: Multnomah, 2006.

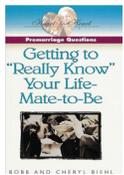
Comments: This book deals with what men need to know about the inner lives of women. The author did a survey of hundreds of women to obtain the information for this book. The results, given by topic, can be helpful to any man who wants to understand his wife better. Informative and practical.



Eggerichs, Emerson. *Love and Respect: The Love She Most Desires; The Respect He Desperately Needs*. Nashville: Thomas Nelson, 2004.

Comments: This book explores the wife's need to be loved and the husband's need to be respected. It discusses why spouses react negatively to each other and how they can overcome conflict and meet each other's needs in a biblical manner.

D. General premarital preparation.



Biehl, Bobb & Cheryl. *Getting to "Really Know" Your Life-Mate-To-Be*. Broadman & Holman, 1996.

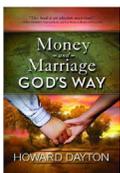
Comments: This resource contains approximately 250 questions for engaged couples to ask each other. The questions help the couple learn about each other by ensuring they talk about important topics. While it is a good resource for any engaged couple, it is particularly suited for engaged couples who live a long distance from each other and who spend a significant amount of time talking on the phone.



Parrott, Les & Leslie. *Saving Your Marriage Before It Starts, Revised Edition*. Grand Rapids, MI: Zondervan, 2006.

Comments: This book provides engaged couples with a good overview of what to expect from marriage and the skills and attributes needed for a successful marriage. It covers a variety of topics including communication, expectations, love styles, gender differences, and couple spirituality. Two workbooks, one for men and one for women, provide the couple with self-tests and exercises to help them apply the material.

E. Finances.

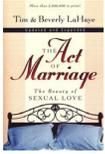


Dayton, Howard. *Money and Marriage God's Way*. Chicago: Moody Publishers, 2009.

Comments: This book offers practical, biblical principles applied to common financial problems encountered in marriage whether couples are engaged, newly married, or empty nesters. It addresses a number of subjects very relevant to walking as a Christian in today's world.

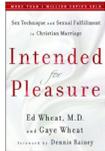
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F. Sexuality.



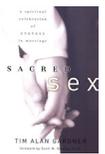
LaHaye, Tim & Beverly. *The Act of Marriage, Revised Edition*. Grand Rapids, MI: Zondervan, 1998.

Comments: This book is helpful for engaged and married couples who need information about developing Godly, healthy sexual intimacy. It is written from a Christian perspective and is tastefully done. There are areas for improvement within this resource, but it's merit outweighs any detriments.



Wheat, Ed & Gaye. *Intended for Pleasure (3rd Edition)*. Grand Rapids, MI: Revell, 1997.

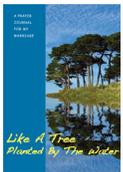
Comments: This book is helpful for engaged and married couples who need information about developing Godly, healthy sexual intimacy. It is written from a Christian perspective and is tastefully done.



Gardner, Tim Alan. *Sacred Sex: A Spiritual Celebration of Oneness in Marriage*. Colorado Springs, CO: WaterBrook, 2002.

Comments: This book is helpful for married couples who would benefit from a biblical understanding of the higher purpose of marital sex in a way that brings the fulfillment of true oneness. In particular, it may be helpful for those that struggle with distorted thinking about God's design for sex.

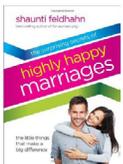
G. Prayer Journal.



Christian PREP, Inc., *Like A Tree Planted By The Water: A Prayer Journal For My Marriage*. Christian PREP, Inc., 2009.

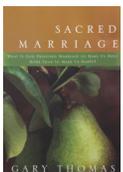
Comments: This is a 12 week prayer journal for married couples. Every week begins with a few conceptual seeds related to marriage that are rooted in scripture, and can branch out into multiple areas of their life. This provides couples the opportunity to journal and pray together on specific "seeds" taken from scripture. Some of the areas covered include- agape love, forgiveness, commitment, thankfulness, and unity.

H. General Marriage Enrichment.



Feldhahn, Shaunti. *The Surprising Secrets of Highly Happy Marriages: The Little Things That Make a Big Difference*. Multnomah Books, 2013.

Comments: This book reveals how being intentional about small, practical helps within marriage can lead to a vibrant relationship. This book is recommended for those seeking to enrich their relationship, but would not be appropriate for couples in distress.



Thomas, Gary. *Sacred Marriage (Reprinted Edition)*. Zondervan, 2002.

Comments: This book shows how your marriage can help you deepen your relationship with God. It includes discussion questions for couples and small groups.

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III. PERSONALITY INVENTORIES.

Keirsey Temperament Sorter-II (KTS-II)

Description: This personality test is easy to take, score, and interpret. Understanding personality factors helps couples understand their tendencies and preferences for communication and decision making and how they will tend to interact. This instrument is very similar to the Myers-Briggs Type Indicator (MBTI) that is available through ACCFS. The KTS-II identifies several key personality traits such as extraversion, introversion, thinking (logical/analytical), feeling, organized, creative, practical, open ended, etc. There are several ways to obtain this tool:

Option #1: The basic form of this inventory can be taken online for free at: www.advisorteam.com. Very helpful, personalized interpretive reports can be purchased online for a fee.

Option #2: Purchase the 18 page workbook: Advisor Team. *Temperament Discovery System*. Advisor Team Inc., 2004. Available at www.advisorteam.com or ACCFS.

Option #3: Purchase the book: Keirsey, David. *Please Understand Me II*. Del Mar, CA: Prometheus Nemesis Book Co., 1998.

Marriage Insights by John Trent, Ministry Insights International.

Can be obtained: <http://www.ministryinsights.com/aacc>

Description: This inventory is taken online. It takes approximately 10 minutes per person to complete. A 24-page report on individual and relationship strengths is generated. The report provides information about each person's strengths, keys to effectively communicating with each person, overcoming conflict, and facilitating problem solving.

IV. RELATIONSHIP INVENTORIES.

A. Questionnaires.

Emotional Needs Questionnaire by Willard Harley, 1986, Marriage Builders.

Can be obtained free of charge online at <http://www.marriagebuilders.com/forms/enq.pdf> or by contacting ACCFS.

Description: This questionnaire helps spouses identify and express their emotional needs and their perceptions of the other's emotional needs. It helps couples communicate and understand each other better.

Family History Analysis by H. Norman Wright.

Can be obtained by contacting ACCFS, online at www.hnormanwright.com, or by phone at 1-800-875-7560.

Description: This questionnaire helps couples to thoroughly understand their family backgrounds. It can be very helpful to couples in the "leaving and cleaving" process by assisting them in identifying positive and negative factors that may impact them as they set up their own home.

Marriage Assessment Inventory by H. Norman Wright.

Can be obtained by contacting ACCFS, online at www.hnormanwright.com, or by phone at 1-800-875-7560.

Description: This questionnaire can help identify the strengths and weaknesses in a married couple's relationship. It can be used to identify how each feels about the marriage and where each feels the relationship needs to grow.

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B. Internet-based.

PREPARE/ENRICH by Life Innovations; www.lifeinnovations.org.

Can be obtained by contacting ACCFS.

Description: PREPARE is for engaged couples; ENRICH is for married couples. These inventories provide an objective assessment of a couple's strengths and weaknesses in the following 11 areas: marriage expectations, personality, communication, conflict resolution, finances, leisure activities, sexual expectations, children/parenting, family/friends, roles, and spiritual beliefs. In addition, each partner's personality and family background is assessed.

PREPARE/ENRICH can be completed online. The couple's responses are then computer scored. Results from the online administration are available very shortly after the couple finishes the test. An ACCFS counselor will help you interpret the results so you can provide the couple with feedback. More information on the steps to administer the PREPARE/ENRICH to a couple can be found in appendix below.

Couple Checkup, powered by PREPARE-ENRICH

Can be obtained by contacting ACCFS, or online at www.couplecheckup.com.

Description: Couple Checkup is for engaged or married couples. This assessment is similar to PREPARE/ENRICH, but designed in a way that couples can take it on their own. The inventory provides an objective analysis of a couple's strengths and weaknesses in 20 relationship areas. The cost \$35 per couple.

Love Languages Personal Profile by Gary Chapman; www.5lovelanguages.com.

Can be obtained free of charge online at www.5lovelanguages.com.

Description: This assessment provides husbands and wives with their primary love language or how they tend give and receive love. Additional information about these love languages can be found in Gary Chapman's book, *The Five Love Languages*.

If you have questions or need additional information, please contact ACCFS at 309-263-5536 or office@accounseling.org.

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APPENDIX

PREPARE/ENRICH ASSESSMENT PROCESS

Having a Couple Complete PREPARE or ENRICH: You only need to complete steps 1-2 below, the remainder of the process will be initiated and taken care of by ACCFS:

1. Talk with the couple and explain the purpose of the PREPARE/ENRICH inventory.
 - We suggest letting couples know this is “a helpful tool to identify their strengths and growth areas as a couple. It often helps premarital/marital counseling to be more effective.”
2. When the couple has agreed to complete the inventory and review the results with you, contact the ACCFS office using our confidential email (office@accounseling.org) or by calling 309-263-5536.
 - a. Let her know if the couple is engaged or married.
 - b. Provide an email address for each individual.
 - c. Let her know if the invoice for the inventory should be sent to you or directly to the church treasurer. The cost of PREPARE/ENRICH is \$65 per couple.
3. ACCFS will send an email with a link to each individual to complete the online inventory.
 - a. Each individual should complete the assessment independent of the other individual (it takes approximately thirty minutes to complete). ACCFS will be notified once both individuals have completed the inventory.
4. The PREPARE/ENRICH results will be briefly reviewed by Kaleb Beyer or Ted Witzig, Jr to identify any “red flags” so you can be informed if there are any.
5. Two PREPARE/ENRICH profile reports will be sent to you.
 - a. Facilitator’s Report- this report should not be given to the couple because the specific items in the inventory are proprietary and copyrighted. This report is for the purpose of providing guidance to the couple. This report displays individual answers for each question. A sample PREPARE Facilitator’s Report can be found on the Elder’s portion of our website.
 - b. Couple’s Report- this report can be given to the couple. This report will provide the couple with specific relationship strengths and possible growth areas. However, it does not provide the couple with their specific responses to items. A sample PREPARE Couple’s Report can be found on the Elder’s portion of our website.
6. Feedback from Ted or Kaleb.
 - a. If this is your first time using PREPARE/ENRICH with a couple, Ted or Kaleb will review the inventory with you during a scheduled 30-60 minute phone call.
 - b. For an elder/minister who has previously used PREPARE/ENRICH with couples and no “red flags” are present, results will be emailed to you directly with minimal feedback from ACCFS. If you have questions, feel free to contact us for clarification.
 - c. For results with special notes or “red flags” one of two types of feedback will be given you to:
 - i. You will receive an email from Ted or Kaleb outlining their concerns and/or suggestions.
 - ii. ACCFS will schedule a time with you to review the results in detail by phone with Ted or Kaleb.

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