



**FAMILY LIFE CENTRE
FAMSA (JOHANNESBURG) NPO 001-074**

Family and Marriage Society of South Africa
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**Marriage Enrichment
and
Marriage Preparation**

COUNSELLOR TRAINING

Background

Family Life Centre has had the South African agency for the Life Innovations Marriage Preparation and Marriage Enrichment Programme for over 20 years. It includes five different programmes:

- **Prepare** programme for couples planning to marry
- **Prepare CC** (co-habiting couples) for couples who have lived together for two years or more
- **Prepare MC** (married with children) programme for couples who have children from a previous relationship
- **Enrich** for couples who have been married for more than five years and feel their relationship needs improvement.
- **Mate** for couples over 50 who are married and are going through major life changes or for couples planning to marry in this age group.

Couples attend four sessions of one hour each. During the first session the couple completes a detailed questionnaire about their relationship. The next three sessions include the teaching of skills, discussion on the couple's relationship, creating awareness of differences, family of origin issues and the management of these different aspects.

Training Course For Counsellors to use this programme

The course is held over two full days with a 45 minute break for lunch and two tea breaks of 15 minutes. It is interactive and involves role plays. A power point presentation and video is used throughout the course. The presentation is an edited and localised version of the Life Innovations presentation.

Delegates wishing to attend this course need to be professional qualified counsellors or have attended a registered Basic Counselling Course.

Once the delegates complete the course and when they submit their first couples' questionnaire, they are issued with their own "user number".

This number is held on our local system and enables our office to send the couples' details to the USA for processing. A report is then generated that is specific to each couple and returned to our offices. This report is then forwarded to the user by email, collected or posted depending on the users needs.

Many counsellors, who are trained Prepare counsellors, use the questionnaire and report associated with these programmes to work with couples under-going normal marriage counselling. This focuses the discussions and helps the counsellor to get a couple to move on when they appear to have got "stuck".

Content

Day 1 - A handout containing all the required paperwork to conduct all the programmes, a booklet covering the course content and the couple workbook is giving to the delegates on the first day. The objective of the first day is to ensure that the counsellors understand all the paperwork and the administrative necessities to conduct a programme.

- Introduction of trainer and delegates.
- Course daily time programme
- Course objective
- Video from Life Innovations explaining the objectives and the different programmes.
- Explanation of hand-out and the administration paper work necessary to conduct the programmes.
- Explanation of the office support and the people involved at Family Life Centre.
- Interpretation of the sample couple report and what the scoring and definitions mean.
- Discussion on the sample couple and what the report is telling the counsellor.
- Linking the information in the report with the couple in a practical positive way.
- At closure, the foundations of the course are repeated, eg although the report is an extremely powerful tool, counsellor experience, open discussion and observation are still the paramount skills in this situation.

The delegates are asked to read as much as possible of the material in the hand-outs over night.

Day 2 – The objective of Day 2 is to ensure that the delegates learn to practically handle the information given to them through the report and how to most effectively

feed this information back to the couple. At the same time they are shown how to impart the skills and complete the exercises included in the couple workbook.

- Fielding of questions and encouraging discussion on any areas requiring clarification from Day 1.
- Explaining how important it is to allow plenty of time to study the report content and how to mark the report where applicable.
- Explanation of how to link and feedback the report content to the couple.
- Illustrating the skill in using the report content in the room without impacting on the discussions.
- Life Innovation video showing feedback session with several couples.
- Role plays of all the sessions held with the couples. There are six exercises that are done with the couple and these are explained and practised in groups of three, delegates taking it in turn to be the couple and the counsellor.
- The trainer observes and after each role play gets feedback and encourages discussion on the experience.
- Video footage is shown between each session covering the next exercise.
- The trainer ensures that all delegates are comfortable with the process.
- Wrap up and evaluation.
- Each delegate receives a certificate of attendance.

Cost

The cost of the two day Training Workshop is R660 per delegate with a negotiated reduction for groups. Once you are trained you will then be able to use this programme within your organization. Family Life Centre will process the information for a fee of R220 per couple.

References

If you require personal recommendations please contact:

Charmaine , Bryanston Methodist Church Tel : (011) 463-1723
charmainev@bmc.org.za

Pastor Rob Calder, Pietermaritzburg Presbyterian Church Tel (033) 3868272
presby@telkomsa.net

Etta Goldman – Jewish Community Centre – Tel (011) 532-9616
goldman@worldonline.co.za

(This programme is compulsory for all Jewish couples wishing to get married in a synagogue)

Contact details

If any further information is required please contact

Judy Stuart 082-416-7323 or Wendy Baker (011) 788-4784/5 famlifeprep@iafrica.com