

# PREMARITAL COUNSELING

DR.SHEIKH KHAIRUL KABIR  
ASSISTANT PROFESSOR  
MEDICINE CHITTAGONG MEDICAL  
COLLEGE

# DEFINITION

- It is a type of psychotherapy, that helps couples or established partners, prepare for marriage.

- Done by
  - By licensed therapist
  - Religious institution
  - By spiritual leaders



# Background

Marriage became

Increasingly risky Business

Specially generation next people

# Background

With distraught marriages on the rise and divorce rates zooming up

**Counseling** is become increasingly important in our culture

# Background

This trend has much to do

- with changing social scenario
- Couples that are romantically involved
  - Explore various options open to them before they can commit themselves to marriage

# Background

- Youth today like to do systematically and Meticulously
- Weigh the pros and cons, the pluses vs. minuses
- Almost like they would evaluate products before making a **major purchase!**



# Background

- In the present Age of Anxiety and Stress
  - Relationships have become fragile like never before.

# BACKGROUND

- We enter marriage with many 'private' assumptions about life after marriage

# BACKGROUND

In many couples these assumptions remain private

- Rarely get discussed prior to marriage
- When there is plenty of time to
  - **Negotiate**
  - **Clarify**
  - **Understand better.**

**And why not?  
one may ask!**

# BACKGROUND

- Is it perhaps one of the most crucial decisions in one's life?
- Can professional help from a marriage counselor made this process easier?
- Can Couples who are engaged to be married can do so with their eyes open?

# BENIFITS

- This process of exploration in premarital counseling prepares the ground for laying a strong foundation for the marital bond to ensue

# BENIFITS

It provides an exciting opportunity to

- Learn about each other
- About oneself
  - So that they are not completely taken by surprise when they run into rough weather after marriage.

# BENIFITS

It provides the necessary impetus to

- Pave the way for stable
- Successful and
- Happy marriage





# ISSUE TO CONSIDER

1. Adjustment fear
2. Commitment fears
3. loss of independence
4. Home and finance
5. Self disclosure

# ISSUE TO CONSIDER

6. Clash of interest and priorities
7. Communication,
8. Beliefs and values,
9. Children and parenting
10. Time spent together and
11. Premarital testing

# Adjustment Fears

- Inter religious
- Intercommunity
- Inter caste
- Other religious

# Commitment Fears

Specially in affair marriage where lots of promise and dream is smiling

# Loss of Independence

- Fear of give up individual lifestyle
- Sharing physical space with another person
- Apprehensions of taking responsibilities

# Clash of Interests and Priorities

- Individual inclinations need to be negotiated in the premarital stage through counseling,
- To chalk out how each partner's needs

# Clash of Interests and Priorities

- Interests can be respected and fostered through mutual agreement
- A healthy give and take
- So that these irritants are firmly handled even before the marital life begins.



# Home and Finance Issues

Every couple about to be wed

- Would benefit from listing out their expectations from their partner
- Regarding his or her contribution to the home and the finances
- Evaluate how realistic they are

# Sexual Issues

Though not the norm

- Many young couples to be married
- Feel a growing need to discuss matters pertaining to sexual practice and performance

# Sexual Issues

- Partners want to be aware about how to get pleasure and please each other sexually

# Sexual Issues

- Hidden sexual preferences
- Many come into the open that can actually avert a potentially disastrous marriage, like homosexual tendencies.

# Sexual Issues

- All this would be possible if sexual doubts and apprehensions are discussed openly in premarital counseling sessions
- So that timely intervention can ensure that their sexual relationship can be truly stimulating and satisfying after marriage

# Self Disclosure Issues

- A difficult question to answer!
- Past affairs of the partner easily done under the skillful guidance of a trained counselor

# Self Disclosure Issues

Whether that information is pertaining

- Romantic tangles
- History or personal illness
- Family dysfunctions
- Financial disasters
- Failed careers
- Anything else

# CONCLUSION

It is all about making sense out of a mosaic of patterns

- A harmonious
- Cogent picture emerges
- Out of the many individual differences and perceptions that constitute it



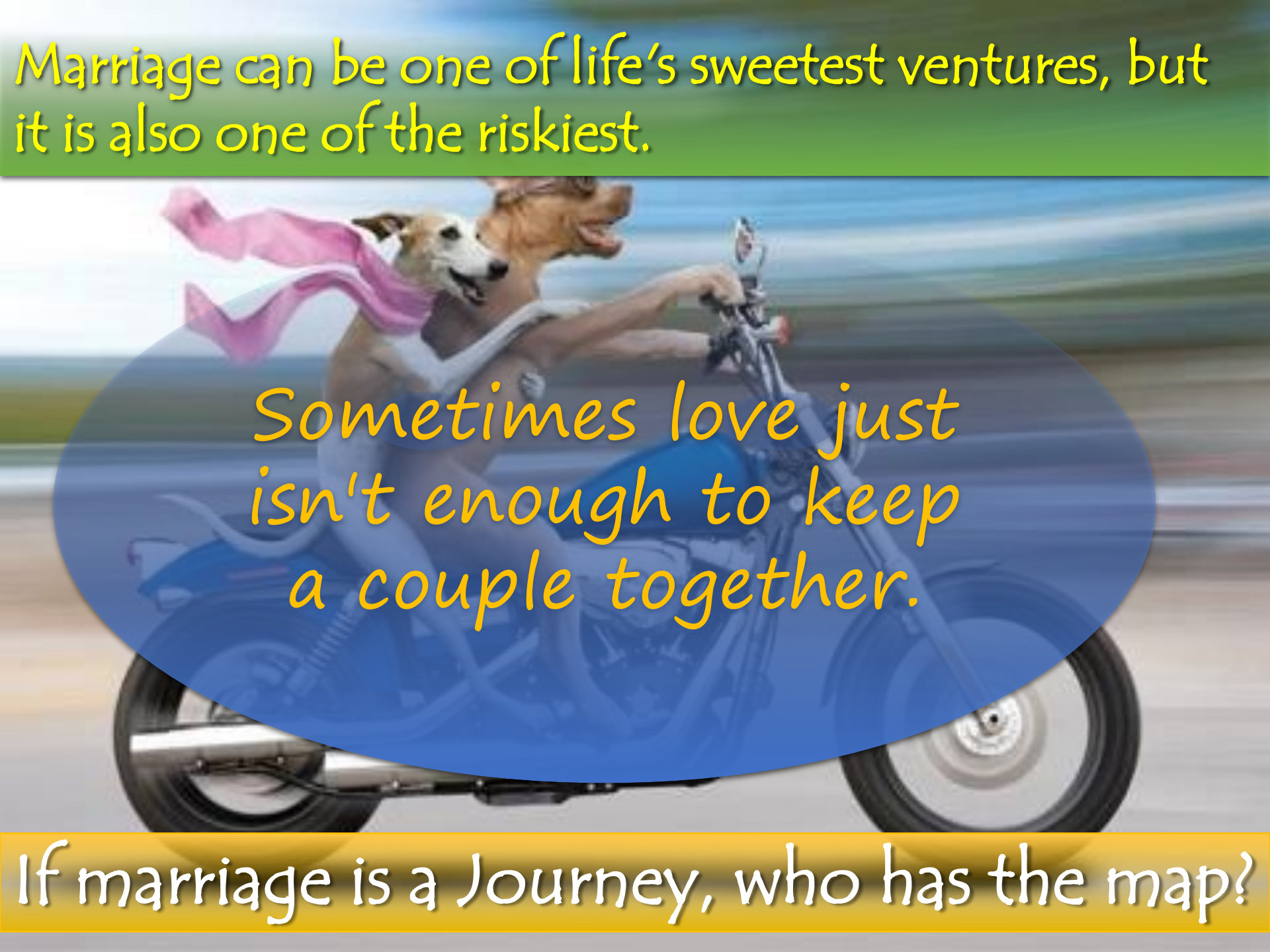


BEFORE  
YOU SAY  
'I DO'

PRE-MARITAL COUNSELING



Marriage can be one of life's sweetest ventures, but it is also one of the riskiest.

A woman is riding a motorcycle on a road. Two dogs are sitting on her back. The dog in front is a white and tan dog, and the dog behind it is a brown dog. A pink ribbon is tied around the white dog's neck and is blowing in the wind. The background is a blurred landscape with a blue sky and green hills.

Sometimes love just isn't enough to keep a couple together.

If marriage is a Journey, who has the map?

**SO HERE IS THEY  
GO AND MARRY  
THANK YOU**

