

# GET MORE DETAILS & MAKE YOUR REQUEST: PREMARITAL COUNSELING

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## SO, PREMARITAL COUNSELING IS REQUIRED?

Yep – it helps make your marriage as awesome as your wedding! **You have a few options to choose from for this:**

- **You can opt to do your counseling with a therapist/counselor in professional practice** (*email us so we can suggest a few, or if you've been seeing someone already, let us know – we can often OK you to do your counseling with that person*)
- **OR you can opt to do your premarital counseling with us at Heartland!**

**If you opt to do your counseling with us**, we'll connect you with a person or two on our Care Team – often it'll be one of our counseling interns. (*We partner with the graduate counseling program of a nearby university, and each semester we have a few counseling interns – grad students who are completing the final requirements for their "MFT" or Marriage and Family Therapy degrees.*) This lets us offer couples a nearly-professional-level counseling experience at a great price! (*You can do all of your premarital sessions with us for roughly what you'd pay for just a session or two – of typically 6 or more – with most pros.*)

**The catch? You may need to be patient.** Our Care Team does *all kinds* of counseling (*grief, family, suicide, etc*) for *all of Heartland* – and occasionally we'll get a wave of folks, all hoping to begin counseling at one time. If you catch us in a super busy season, we may not be able to get you started for a couple of months. (*Not up for a possible wait? A pro in private practice who can see you more quickly may be a better fit for you.*) But if you're asked to wait and are really itching to get started, you can always dive in on the [resources](#) our pastors and Care Team recommend to couples preparing for marriage!

## WHAT'S COVERED IN PREMARITAL COUNSELING AT HEARTLAND?

We'll be walking you through some areas key to a successful marriage: communication, conflict resolution, finances, family and more! (*Your sessions will not be group sessions – they'll be just the two of you and a member or two of our Care Team. That allows our team to tailor what's covered, to fit your specific needs.*) As a part of our process, you'll complete the **PREPARE inventory** – a tool designed to identify strengths and growth areas unique to you as a couple.

## HOW DO WE GET STARTED, AND WHAT HAPPENS FROM THERE?

- You'll submit your request for premarital counseling *via the link below*
- We'll email you info you'll need to get started on the PREPARE inventory, and you'll each get online (separately) and complete the inventory – *it takes roughly 45 minutes to do*
- We'll connect you with our Care Team, and you'll work with them to schedule your premarital sessions – *the number of sessions varies, but most couples will schedule 4-6 sessions*
- You'll meet with your Care Team member(s), and they'll talk with you about your PREPARE results and any specific next steps that might be helpful to you as a couple

You can supplement the process above by checking out the [resources](#) our pastors and Care Team recommend to couples.

## WHAT DOES PREMARITAL COUNSELING COST?

Fee info for premarital counseling can be found [here](#).

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## READ THIS INFO & READY TO SIGN UP? Awesome! [Just click here!](#)

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HAVE QUESTIONS / NEED MORE INFO? Please email us at [weddings@heartlandchurch.org](mailto:weddings@heartlandchurch.org)