



BioPsychoSocial Clinic

PRE-MARITAL CONSULTATION

OVERVIEW:

At BPS we have developed a specific model for pre-marital consultations which includes a fixed number of guided, structured discussions facilitated by trained professionals to help couples prepare for marriage. The science behind these consultations is grounded in relationship psychology, communication theory, and preventive mental health care.

Pre-marital counselling is a valuable service designed for couples who are planning to get married or enter a long-term committed relationship. It is not only for couples facing difficulties, but also for those who want to strengthen their bond and prepare for a healthy, lasting partnership.

AREA OF FOCUS

Engaged Couples, Couples in Serious, Long-Term Relationships, Couples with Cultural or Religious Differences, Remarried Individuals / Blended Families, Couples with Past Relationship Trauma, High-Conflict or Communication-Challenged Couples

WHAT TO EXPECT

1. First Session: Expectations About Marriage

Topics include roles within the relationship, emotional needs, commitment, independence vs. togetherness, and long-term goals. Clarifying expectations early helps prevent misunderstandings later.

2. Second Session: Finances

This session addresses financial values, budgeting habits, debts, savings goals, and decisions about joint vs. separate accounts.

3. Third Session: Sexual Expectations and Intimacy

Couples explore their views on physical intimacy, emotional closeness, and sexual compatibility.

4. Fourth Session: Family Background and In-Laws

This session looks at family patterns, communication styles, and expectations regarding relationships with parents and extended family. It also addresses how in-laws will be involved and how to set healthy boundaries.

5. Fifth Session: Spirituality and Religion

It includes discussions about shared or differing beliefs, religious practices, spiritual values, and how they might affect holidays, traditions, and future parenting decisions.

6. Sixth Session: Parenting and Children

This session covers desires and expectations around having children, parenting styles, discipline approaches, and how to raise children in a potentially multicultural or multi-faith environment.

7. Seventh Session: Career and Work-Life Balance

Couples discuss their individual and shared career goals, time management, and how to maintain balance between professional life and personal time

FORMAT SESSION:

Couples are invited to attend a 90-minute session every two weeks.
Each session is professionally facilitated and focuses on one of the key topics outlined above.

On average, couples complete between 9 and 11 sessions over a period of approximately 5 months before marriage.

OUR APPROACH

It integrates psychological insight, relational dynamics, and social, cultural, and personal contexts. Through structured, guided sessions, trained professionals support couples in building awareness, communication skills, and resilience to foster a healthy, lasting partnership.



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