

Course Syllabus

Advanced Professional Premarital Counseling 101

Dr Zamekio Jackson, Instructor

St Thomas Christian University

Based on current information gathered from empirical analysis, professional/public opinion, and rational debate, Dr Jackson will constructed four arguments that support an increased need for premarital counseling. The arguments were “presented for the plausible benefits of engaging in premarital preventive efforts on a broad scale” The author's arguments include: 1. Using premarital strategies to slow couples down in an effort to allow them time get to know one another better before jumping into marriage.2. Using premarital counseling strategies to emphasize the importance of the marital union and the long-term family and societal consequences attached to the decision to marry. 3. The use of premarital strategies will demonstrate that there are resources available to assist couples when they start to experience marital discord. 4. Couples participation in premarital education programs are less likely to have marital problems and are less likely to divorce .Dr Jackson presents the arguments as possible research programs that could be studied further to help develop a better understanding of what strategies can be implemented to lower and/or prevent divorce and decrease marital distress. Dr Zamekio Jackson makes some compelling arguments for the need of premarital counseling and places emphasis on all of society taking an attitude of prevention in regards to developing strategies to effectively deal with the high divorce rate and high levels of marital discord that our country is currently battling. While the arguments have a sound basis are very rational, they lack validity from empirical research. Dr Jackson acknowledges the need for more empirical research is needed to determine how to successfully prevent marital distress for society as a whole and lower the current divorce rates. St Thomas Christian University support the need for more research on this topic when they discuss how further attention to theoretical frameworks to guide premarital counseling is needed although the research and practice of premarital counseling have already been established. A high rate of divorce is one of many social problems affecting society today. Stanley states, “it is estimated that approximately 40% or more of new marriages among the younger generation will eventually end in divorce” There currently seems to be a push to put things in place to help prevent marital and family breakdown and the suggestion that couples should be required to undergo premarital education to help improve and prevent marital distress. Dr Jackson support the use of premarital counseling when they state, “marriage preparation programs have been used by

practitioners and couples for decades, generally speaking programs aim to enhance the quality and stability of marriages and the content is chosen with this goal in mind" This preventative approach is an area that is receiving much attention worldwide as some governmental units are requiring premarital counseling as a means to reduce divorce and strengthen families"

It is certainly advantageous to have preventative programs in place to assist couples who make a commitment to the union of marriage. This union affects the couple directly, their growing family, their separate families, and society as a whole. Premarital counseling strategies can be viewed as society's commitment towards promotion and the attainment of a happy and healthy life. Anything preventative should be viewed as worthwhile means to the end. While new research is being developed, there is a lot to say for taking the necessary steps to put preventative measures in place to deal with what is currently known about the topic. Premarital counseling should be viewed as a practice to promote general health to the entire family system. The preventative measures associated with these strategies can cleanse the entire family system as they can assist in the decrease in marital discord and divorce, which have a cause and affect relationship with domestic violence, child abuse, and mental health issues related to the consequence of a broken marriage. This is a good example of how "an ounce of prevention is worth a pound of cure" (Benjamin Franklin).

Assignments:

The student must listen to all of the lectures both audio and video lectures and support media information for this class.

The student must review the entire e-book (provided apart of this class) and write a written summary of the e-book in 500 Words the student must complete **two papers** :

One paper describing, "God's opinion concerning marriage ".
The second paper "Marriage in America".

There will be no test in this particular course it will evaluate your learning is based upon utilization of information in the students written papers. The student will be graded solely on their writing performance the student will display 40 hours of actual

applied learning experience in this course

Recommend additional books:

Preparing for Your Marriage Paperback – September 9, 1980
by William J. McRae ISBN-10: 0310427614