

BOOKING FORM

COST: \$185 per couple

You should book your FOCCUS sessions at least eight weeks prior to your wedding date.

F) Name:.....
Address:.....
.....
Mobile:.....
Religion
(Optional).....
First Marriage?.....

(M) Name:.....
Address:.....
.....
Mobile:.....
Religion
(optional).....
First Marriage?.....

Wedding
Date.....
Referred by: Self Celebrant
Friend Website Other
Cash

cheque (please make cheques payable to Catherine Dodemont)

Direct Debit facilities are available on request.

**Mail: P.O. Box 651,
Ashgrove, Q. 4060**

For more information about FOCCUS, please contact
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The FOCCUS inventory is
The property of
FOCCUS Inc. (2000).

FOCCUS

**(Facilitating Open Couple
Communication
Understanding and Study)**

**An instrument for Pre-
Marriage Education
(FOCCUS Inc. 2000)**

Planning to Marry?

FOCCUS is a pre marriage

inventory designed to help both of you prepare for marriage.

FOCCUS also allows time for both of you to talk openly and honestly about your expectations of marriage in a non threatening environment.

How FOCCUS works:

- 156 statements that each of you respond to individually.
- A comparison of your responses in feedback sessions with the facilitator.
- Extra sections for interfaith couples, second marriages and cohabiting couples if necessary.
- Three sessions with an accredited FOCCUS facilitator.
- FOCCUS is not a test.
- FOCCUS is not counselling.
- Sessions are confidential.

Just a Thought.....

- .Maintain awareness of your partner's world.
- .Foster fondness and admiration.
- .Turn toward instead of away.
- .Accept your partner's influence.
- .Solve solvable conflicts.
- .Cope with unresolvable conflicts
- .Create shared meaning.

(Dr John Gottman)
"Seven Principles for Making Marriage Work"

FOCCUS (2000) identifies the following topics as being important for discussion.

Couple Match:

- **Life style expectations**
- **Friends and interests**
- **Personality match**
- **Personal issues**
- **Family of origin**

Basic Skills:

- **Communication**
- **Problem solving**

Bonding /Dividing Issues:

- **Religion**
- **Parenting**
- **Extended family**
- **Sexuality**
- **Finance**
- **Readiness**
- **Marriage Covenant**
- **Dual Career**