

Frequently Asked Questions

Do I have to share in front of a group?

No. Participants are not required to divulge personal or relational information.

Is this workshop for married couples only? Does our relationship have to be in trouble in order to participate?

No. Whether you're newly married, considering marriage, or have been married for many years, marriage education benefits couples at any stage and in both healthy or troubled relationships.

Praise for Smarter Marriages workshops:

- "Very, very helpful . . . it exceeded my expectations."
- "It was wonderful!"
- "Fantastic! Thank you so much."
- "I didn't want the seminar to end!"
- "The seminar truly drew us closer."

Smarter Marriages

Helping relationships thrive



Have you hit "that stage" in marriage and wonder how to move forward? Are you looking for ways to re-energize your relationship? Do you wonder why some marriages succeed and others don't?

Introducing Smarter Marriages

Smarter Marriages, a weekend seminar based on the research from the internationally-recognized Prevention Relationship Enhancement Program (P.R.E.P.™), provides a unique opportunity for couples to learn and apply more than 25 years of marital research about what makes marriages thrive. Many couples have found the retreat-style format to be the perfect way to engage each other and to re-energize their relationship.

Smarter Marriages teaches couples how to:

- Recognize and make the best out of common but difficult stages;
- Avoid destructive communication;
- Effectively and smoothly get to the root of hidden issues;
- Talk so that both persons feel heard and understood;
- Enhance fun, friendship, intimacy and sensuality; and
- Prioritize and invest in the relationship so that it lasts.

Instructor

Randall B. Hook, MSW, LCSW

currently serves as the Director of Counseling Services at Bridgewater College. Randy has worked as an individual, marriage, and family therapist in the local community for many years. Prior to his position at BC he served as the coordinator of the partial hospitalization program at RMH Behavioral Health. He has previous experience as the executive director of the Center for Marriage and Family Counseling in Harrisonburg. In addition to his full-time position, Randy has served as adjunct faculty at James Madison University, Eastern Mennonite University, Bridgewater College and Blue Ridge Community College teaching courses in marriage, counseling and human development. Randy currently teaches *Crisis Intervention and Trauma Healing* as an adjunct within Eastern Mennonite University's graduate counseling program. He received his B.S in Psychology from EMU, and his Masters of Social Work from Tulane University in New Orleans. Randy has extensive training in Dialectical Behavioral Therapy, Emotionally Focused Therapy and is certified as a Prevention Relationship Enhancement Program (PREP) instructor. Randy lives in Harrisonburg with his wife Kim and their two boys Jackson and Sawyer.



Program Dates and Costs

Smarter Marriages workshops include Friday evening and Saturday morning sessions. We ask that you attend both sessions.

May 4th and 5th, 2012

RMH, conference rooms 2 and 3
Parking is available in Lot D on the back side of the hospital.

Friday session: 6-9 p.m.

Saturday session: 9 a.m.-4 p.m.

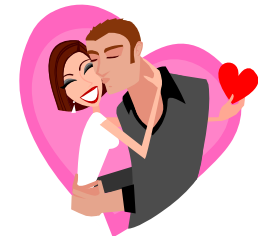
Lunch provided on Saturday. No overnight accommodations.

Cost (per couple):

\$140 by April 4th; \$150 after April 4th.

Special discount available for RMH employees and EAP contracts.

To register, contact RMH Healthsource at 564-7200 or toll free at 855-564-7200.



Would you like Smarter Marriages to come to you? Our staff is willing to provide this seminar onsite at your organization! Call 564-5960 for more information.