

Effective Encounters[®]

A Pre- & Early-Marriage Communication Workshop

The Need

1. Divorce rates in the Jewish community are going up – especially in young marriages.
2. Couples who can work on resolving disagreements in a productive and positive manner have a higher probability of achieving long-term, happy relationships.
3. Doctors and major Jewish institutions are recognizing and highlighting the importance of effective communication, specifically regarding intimacy and sexuality.

About the Effective Encounters[®] Workshop

Dr. Alex Bailey is a licensed clinical psychologist practicing in Jerusalem and Modiin, specializing in the field of communication and relationships. He has developed a three-part private counseling series to help pre-marriage and early-marriage couples increase their effective communication skills, with the goal of strengthening their marriage and helping to increase the probability of a long-lasting and happy relationship.

Part One

Issues of basic communication: 'Me' vs. 'we'
"How do I tell my spouse I need something?" "How do I balance the needs of my spouse and my own needs?" "Where is the appropriate boundary for sharing details of my marriage with my family of origin or friends?"

Part Two

Issues of upset: Never say 'always'
"How do I tell my spouse I am angry?" "How do I argue in a way that seeks to develop my relationship rather than destroy it?" "When am I expressing my anger and when am I being selfish?" "How do we make up after a bad fight?"

Part Three

Issues of intimacy: Sex is harder than it seems
"How do I tell my spouse what I want without sounding critical or insulting?"
"How do I know if my needs and expectations are normal?"
"What are different ways of expressing intimacy?"

This private counseling series is tailored to the specific needs and questions of the couple, within the framework described above.
Scheduling is also flexible, based on your needs.

Contact Dr. Bailey to find out more or to schedule an appointment.

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