

## TRAINED FACILITATOR SARA SHAVER, LMFT

---

Sara Shaver did her undergraduate work at the University of Wisconsin-Madison, double majoring in psychology and social work. In 1996 she graduated with a Master's degree in Marriage and Family Therapy from Northern Illinois University. Before becoming involved in outpatient mental health, Sara worked with severely emotionally disturbed children and their families in their homes. She also became heavily involved with wraparound services, consulting with numerous counties in the state. Sara became a trained facilitator of Prepare/Enrich in 1998. She became a co-founder of Compass Counseling in 2010. Sara is active in her church, a board member for the Aging & Disability Resource Center and on the Coordinating Committee for the Columbia County Comprehensive Community Services.

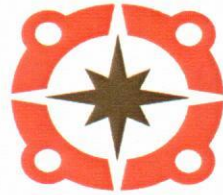


**COMPASS**  
COUNSELING

Compass Counseling

**PREMARITAL &  
MARITAL  
INVENTORIES**

**PREPARE/ENRICH**



**COMPASS**  
COUNSELING

**Compass Counseling**

2910 New Pinery Rd. Unit A2  
Portage, WI 53901

Phone: 608-745-4900  
Fax: 608-745-4990  
E-mail: [info@compasscounseling.info](mailto:info@compasscounseling.info)

2910 New Pinery Road, Unit A  
Portage, WI 53901

Phone: 608-745-4900  
Fax: 608-745-4990  
E-mail: [info@compasscounseling.info](mailto:info@compasscounseling.info)

# PREPARE/ENRICH

## WHAT IS

### PREMARITAL COUNSELING?

Prepare/Enrich is a premarital and marital inventory that highlights both a couple's strengths and their areas for growth.

Areas assessed during the inventory include:

- Marriage expectations
- Personality
- Communication
- Conflict resolution
- Financial management
- Leisure activities
- Sexual relationship
- Children and parenting
- Family and friends
- Role relationship
- Spiritual beliefs
- Closeness and flexibility as a couple and of your family of origin

Couples take the inventory online. The trained counselor meets with the couple to go over the results and work on developing skills that will help their relationship to flourish.

### Why do Premarital Counseling?

Premarital counseling helps couples to understand their areas of strength and areas that need growth. It is a way to be proactive in your relationship so that it stays strong.



### What is the Cost of Premarital Counseling?

The cost for the Prepare/Enrich inventory includes the inventory set-up, interpretations, and up to three sessions with a counselor.

The total cost for this program is \$300, plus the administration fee for the inventory (\$30.00).

### GOALS OF THE PREPARE/ENRICH PROGRAM INCLUDE:

- EXPLORING THE COUPLE'S STRENGTHS AND AREAS OF GROWTH
- LEARNING HOW TO EFFECTIVELY COMMUNICATE AND LISTEN
- LEARNING SKILLS FOR CONFLICT RESOLUTION
- DEVELOPING A FINANCIAL PLAN
- DEVELOPING THEIR GOALS, BOTH AS A COUPLE AND AS INDIVIDUALS

## Compass Counseling



# COMPASS COUNSELING

2910 New Pincery Rd.  
Unit A2  
Portage, WI 53901

Phone: 608-745-4900  
Fax: 608-745-4990  
E-mail: [info@compasscounseling.info](mailto:info@compasscounseling.info)