



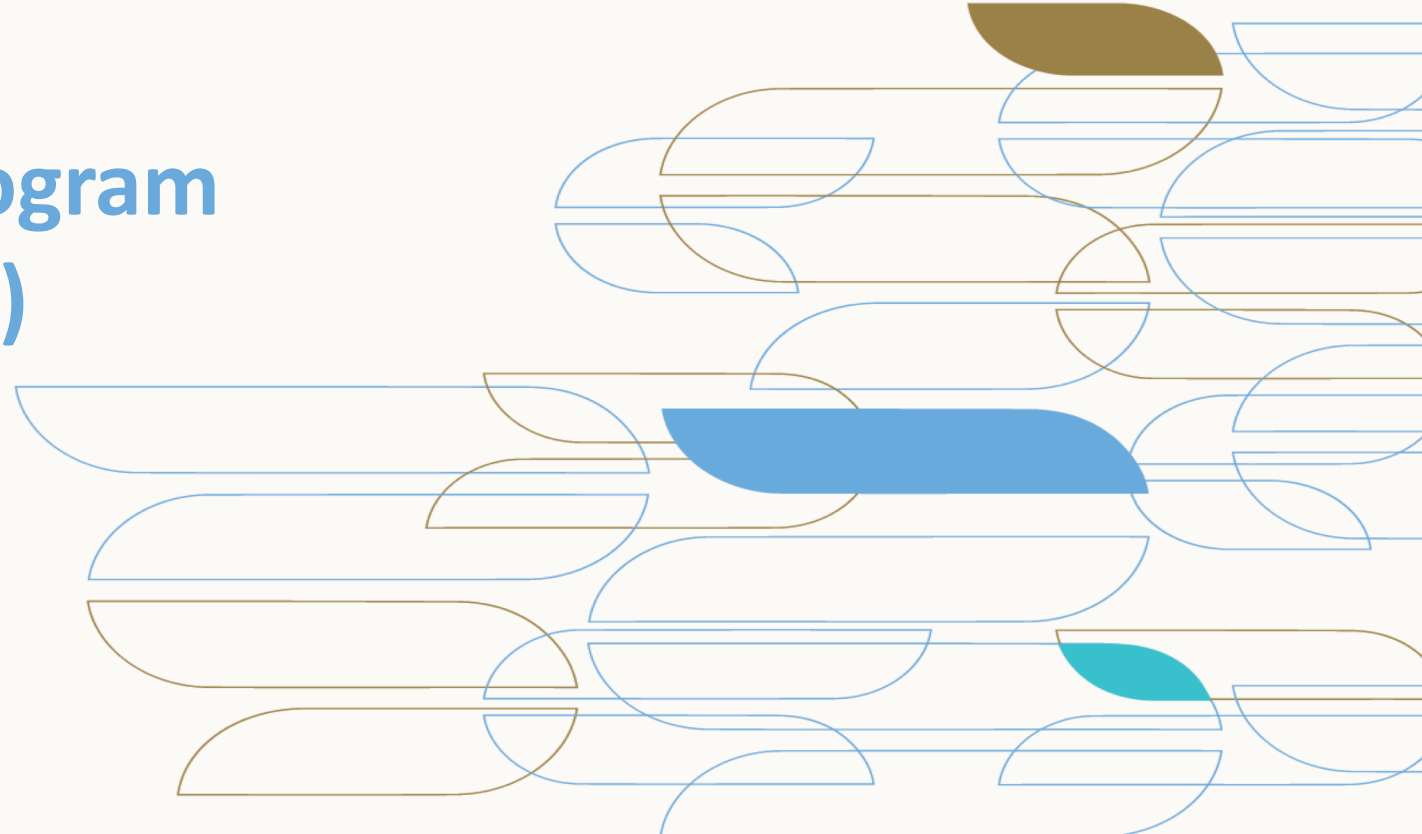
وفاق wifaq

مركز الاستشارات العائلية
Family Consulting Center

الإجتماعي Social

Marriage Preparation Program (Pre-Marriage Education)

Family Consulting Center “Wifaq”
Doha, Qatar
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Wifaq

Who are we?

Our Goals

Our Services

Marriage Preparation Program (Premarital Education)

Rationale:

- To raise the youth's (male and female) awareness about the family responsibilities.
- To enhance the knowledge and skills of the youth at marriageable age for the future married life and the nature of roles in the family.
- To prevent family disruption.
- To contribute to the activation of the social implications included in “**Qatar Vision 2030**” and the national developmental plans as well.

The Overall Target:

- To meet the psychological and cognitive needs of the individuals engaged to be married for building healthy, strong, and enduring loving relationship; as well as preparing them for the future married life.



Target Group

☐ Individuals engaged to be married.

Program Content:

- A. Activities for Enhancing the knowledge, skills, and abilities of people engaged to be married.
- B. Marital consultation/marriage counseling during engagement or the first years of marriage.

A. Activities for Enhancing the knowledge, skills, and abilities of people engaged to be married

□ Program Components:

The Social Pillar

The Psychological/Behavioral Pillar

The Economic Pillar

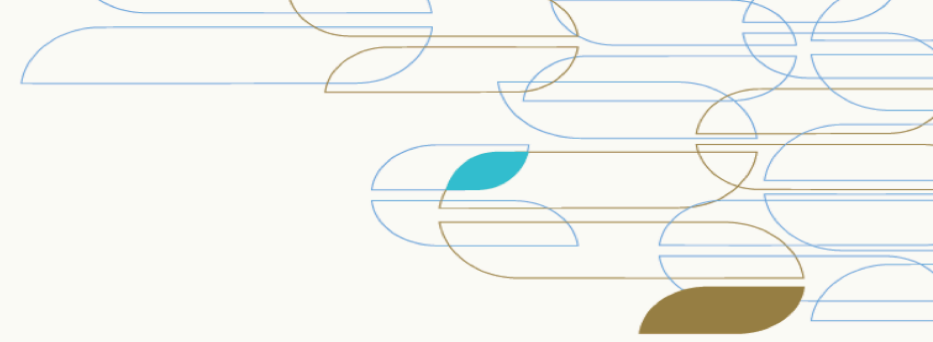
The Health/intimacy Pillar

The Social Pillar

- To rectify trainees' misconceptions about marriage and married life.
- To address some conducts, practices, norms, and social phenomena that threaten the family stability.
- To build essential skills necessary for strengthening marital relationships, as well as resolving marital problems.

Psychological/Behavioral Pillar

Successful Marriage promotes the mental wellbeing and physical health of the individual and their family, while unstable marriages and marital disputes reduce the individual's wellbeing and health.



The Economic Pillar

- To educate trainees about some basic economic concepts, such as income, expenditure, saving, and some financial practices that threaten the family stability.
- To educate the trainees about factors necessary for successful household budget.

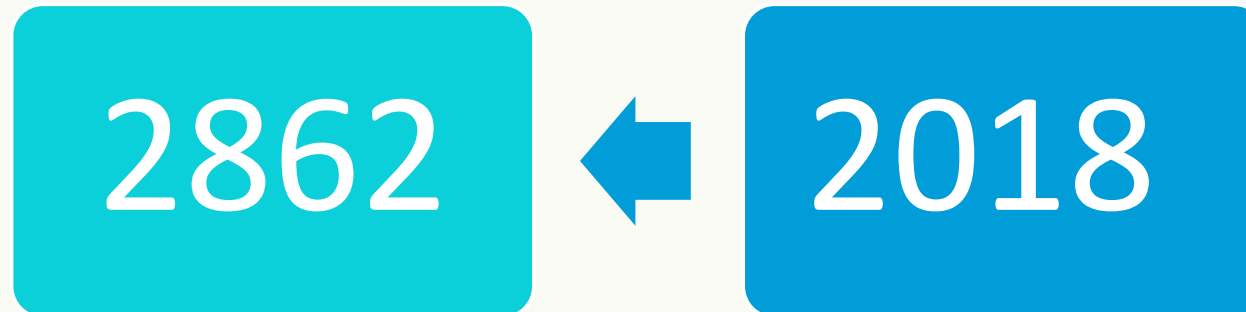


Health & Intimacy Pillar

- Through this pillar, the trainees get correct scientific information on intimacy which concentrates on:
 - The impact of the psychological state on the intimacy between spouses.
 - It also educates and reinforces the trainee's positive attitude towards reproductive health.

Beneficiaries

According to the statistical report of 2018, the total number of beneficiaries (males and females engaged to be married) reached 2862



B. Marriage Consultation/Counseling for individuals engaged to be married:

Wifaq provides premarital counseling and counseling for newly weds services, as follow:

Individual Counseling Sessions

Group Counseling/therapy Sessions

Telephone Consultation Services

Awareness & educational services, through the social & traditional media




- Wifaq offers this program - along with the consulting services - to all individuals in Qatar (Qatari and expats), on nondiscriminatory basis.

Program Development

Why?

- Demographic and developmental changes in Qatar Society.
- The analysis and evaluation of the program outcomes and the program impacts over a period of 17 years showed a need for it.

 The program development was necessary in order to enhance its impacts on the stakeholders and to fully meet their needs, while benefiting from the best international practices and success stories in this field.

Expected Outcome (from the Development Process)

To strength links between the program content, the actual needs of the - target group (beneficiaries), and the expected outcomes of the national strategies, the population policy, and the youth and women empowerment policies.

- The program impacts on the beneficiaries are enhanced as a consequence of the improvement of its content, format, and tools.
- To see the program as an international model and Wifaq as a privilege center for training of trainers on the preparation of individuals engaged to be married.

Key Features of the Development Process 1:

- **Revision of the content, format, and tools:** engaging people with high expertise and competence in program design and development, sorting the target audience according to demographic, cultural, and geographical variables (coverage expansion) and particular characteristics (e.g. persons with disability).
- Linking the content with the characteristics of the target subgroups.
- To build and keep a positive image of the family consulting services.

Key Features of the Development Process 2:

- Revision and development of the impact assessment tools (impacts of training, awareness-raising, and counseling on both the beneficiaries and their families).
- Setting up an integrated follow-up and monitoring system to check on the participants (benefited from the program) and the their own families.

Key Features of the Development Process 3:

- Benefitting from some successful models worldwide.
- Establishing partnership with specialized institutions that have relevant practical and research repertoire:
 - Doha International Family Institute
 - University of Denver, USA.



To conduct an in-depth program evaluation, coupled with content development based on cutting-edge scientific findings and effective methods, ensuring that the program is appropriate for the local culture and social values and norms of Qatar.

So far:

- A proposal for an evidence-based “Prevention & Marital Relationship Strengthening” program was developed.
- The program was designed based on the following: building on the couple’s strengths, how to face challenges, how to avoid key risk factors affecting marital relationship (causing failure), and developing and enhancing marital relationship management skills.
- The training materials include, in addition to the Trainer’s Manual, 12 training modules.

Conclusion

- Marriage Preparation Program in Qatar, is one of the mechanism that is concerned with the rights of individuals in some stages of their lifespans.
- It aims at improving the participants' knowledge, abilities, and communication skills for a proper building of the family as well as managing the family affairs based on mutual respect and agreement.
- It seeks to reflect the principle of “No one to be left behind”, by embracing the population in Qatar in its entirety with no exception.
- It strives for continual improvement as well as the improvement of the quality and value of the rendered services, while adjusting to the transitions in the society and its cultural norms and values.

“The Family is the lens, where the various conditions of the surrounding society meet.

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Thank you

