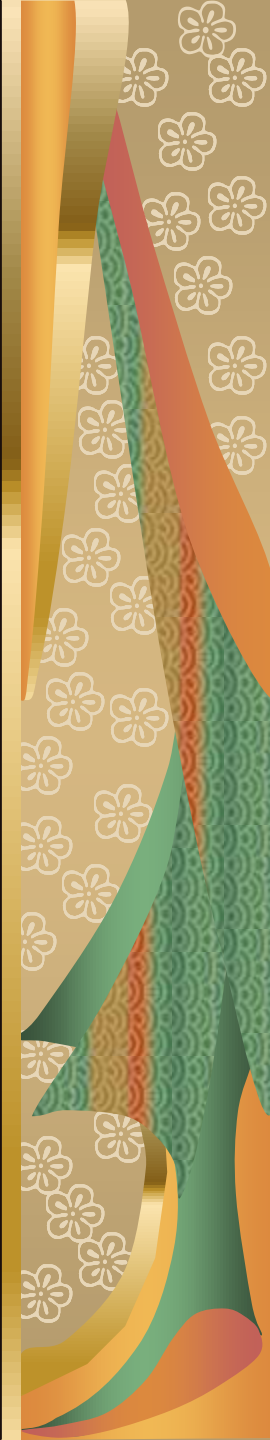


MARRIAGE ENHANCEMENT

Psychology of Love & Relationship

Dr George J. Kaliaden
Psychologist



MARRIAGE ENHANCEMENT : Psychology of Love / Relationship

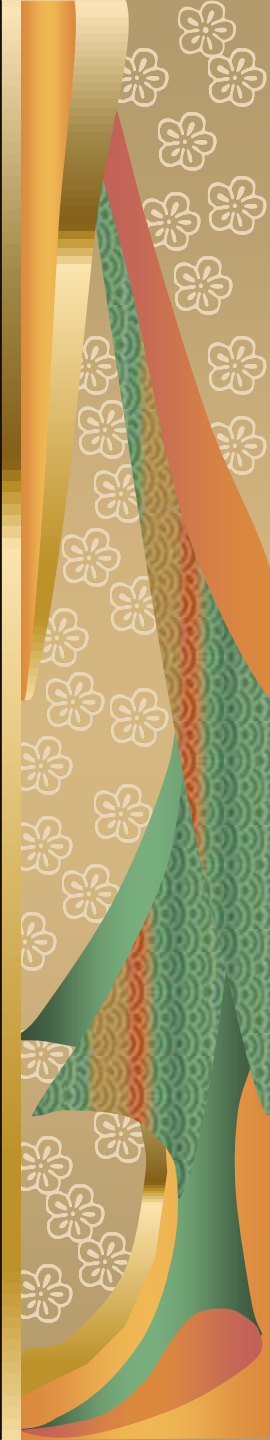
Course Outline

- Relevance of this course
- Marriage – a formation of a dyadic community :
What each individual brings to this community?
- Identifying problem areas
- Dealing with psycho-sexual difficulties
- Dealing with personality problems
- Positive Psychology of Married Life
- Social Context of Married Life
- Marriage in the modern city environment
- Love – in Married Life



Relevance of this Course

- Preparing for quality relationship
- Increasing your knowledge base
- Preventing avoidable problems
- Developing skills to deal with common difficulties



MARRIAGE CREATION OF A DYADIC COMMUNITY (Union)

- The nature of this community or organization will by and large depend on the nature of two individuals who join together to form this community
- What each individual is bringing to the marriage ?

Thinking

Feeling

Behaviour

Attitudes

Beliefs

Personal history

Family customs

Personal habits

**AWARENESS ABOUT THESE FACTORS IS IMPROTANT
SELF-AWARENESS IS EQUALLY IMPORTANT AS KNOWING THE OTHER
PERSON**

Before trying to know him / her try to know yourself better.



IDENTIFYING THE PROBLEM AREAS

- Psychopathology – Major & Minor Psychological abnormalities
- Alcoholism & Addictions
- Violence / Self-injurious behaviour
- Delusions

Some case studies



PSYCHO-SEXUAL PROBLEMS

- Erection- related dysfunctions
- Painful intercourse and related problems
- Low desire / Excessive desire
- Intimacies – outside marriage



PERSONALITY PROBLEMS

- Suspicious, Difficulty in trusting the partner
- Overly rigid, demanding too much perfection
- Impulsive, manipulative, emotionally unstable, agitated,
- Attention-seeking, shallow, over-dramatizing
- Socially withdrawn, limited social interests



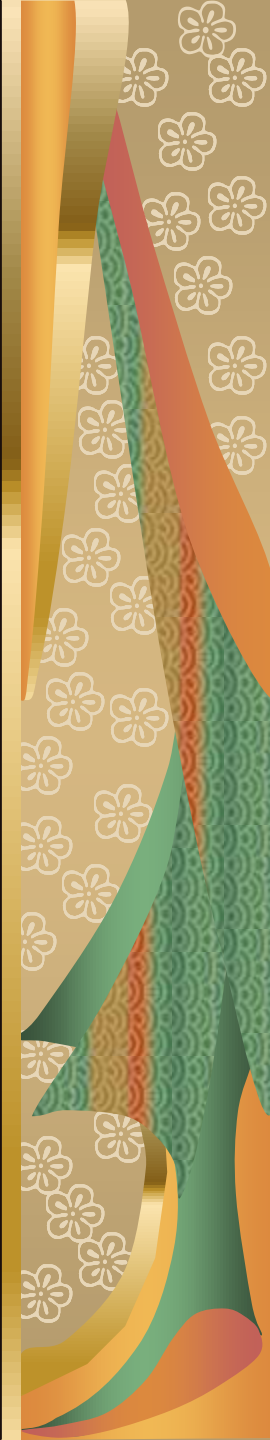
PART 2 POSITIVE PSYCHOLOGY OF MARRIED LIFE

- Love as Behaviour
- Operant model of love
- Expression & Reinforcement
- Reinforcement will sustain and improve relationship



Social Context of Marriage

- Marriage in the social context of family and community
- Culture and behaviour – Social Learning Theory
- Adapting to the spouse's family
- Conflict management & conflict resolution



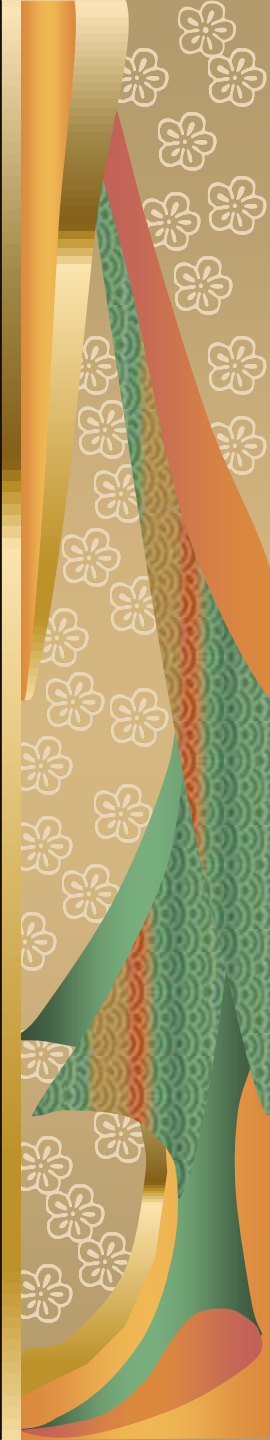
MARRIAGE: New Generation

- Stress of modern life –
 - Work related stress
 - Travel stress
 - Stress and personal relations
 - Stress and sexual relations



LOVE AS DISCIPLINE

- Love- extending oneself for the good of the other
- Love helps you grow as a better human being
- Friction and conflict as part of any relationship
- How to manage conflict?



Psychologist / Counselor

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