

## What couples say about MST

"I got so much clearer. I had ah-ha moments and could see our patterns as a couple...."

"...Easy to relate to and highly effective.... Exactly what I was looking for. A must."

"Nice soft approach. I liked the 'guys only' time. Enjoyed your insights and honesty...."

"...Communication and conflict resolution were the most helpful parts. Very worthwhile seminar for anyone. Made us both examine issues that we probably would not have discussed. We will be discussing...for weeks to come. Very enjoyable experience."

## About us

Patricia Schell Kuhlman, MSW is a counselor with special interests in attachment and bonding, life transitions, personal growth and family of origin issues.

Gregory A. Kuhlman, Ph.D. is director of the Mental Health MA and Personal Counseling Programs at Brooklyn College, City University of New York where he is professor of psychology. He is a licensed psychologist.



Patricia Schell Kuhlman, MSW  
& Gregory Kuhlman, PhD  
MST Seminar Leaders

MARRIAGE SUCCESS TRAINING™

Marriage preparation seminars  
for engaged couples and newlyweds

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## MARRIAGE SUCCESS TRAINING™

### Build the foundation for your lifetime together

Every couple hopes that they'll live happily ever after. Only one in four actually *will*. Let MST help you build a positive, resilient marriage right from the start.

### What is MST?

- A small (15 couple limit), one-day, religion-neutral seminar, designed to help couples achieve their marriage goals.
- Led by a professional, married couple.
- Based on the latest marriage research.
- Strengthen your communication, conflict resolution and other relationship skills.
- A fun, practical, low-pressure experience.
- Active learning - not a lecture format.
- Learn to manage compatibility issues constructively.
- Deepen your intimacy, plan long-term strategies to meet challenges.
- Exciting, inspiring enlightening.
- More comprehensive than other options.

### Where are MST seminars held?

New York City, Washington, DC, Chicago, and Boston seminars are held at

Comfortable, convenient hotels, meeting facilities or university clubs in central locations.

### Prices

\$550 per couple (\$495 in NYC). Save \$20; register a month in advance. **Makes a great wedding gift.**

### When is the best time to attend?

Six to 12 or more months before your wedding is the ideal time. Newlyweds can benefit up to 6 months or more after the wedding, while patterns are fluid. Earlier is better.

### Better than premarital counseling

A more comprehensive, structured, but flexible, approach to marriage success skills and strategies.

An educational seminar setting where you'll feel less "on the spot," more inspired and your relationship issues won't seem like "problems."

Many couples discover that the relationship issues that worried them are very normal and are shared by many other couples.

More appropriate for most couples than premarital couples counseling.

### Better than other premarital classes

Not a packaged, one-size-fits-all system like most programs (although we'll cover these systems).

The small seminar size means that you'll have more individual attention and guidance.

You'll learn about success strategy options to choose among *and* problem patterns to avoid.

You and your partner will make choices yourself about how *you* define marriage success and about what tools for communication and conflict resolution suit you best.

You'll be guided in your choices by your relationship inventory and by understanding how different success strategies fit with different styles.

### What you'll learn

The seminar takes your intimacy to a new level as it moves through a series of focus areas:

- Marriage Success & Challenge Factors
- Relationship Inventory & Guided Review
- Intimacy Styles & Strategies
- Communication & Conflict Resolution
- Family of Origin & In-Laws
- First-Year (and Beyond) Marriage Expectations: Post-honeymoon, normal stages of marriage, psychological shifts, children, finances, work and careers, religious and cultural compatibility, friends and social life...
- Sexuality & Sensuality
- Friendship & Commitment
- Optional Special Topics include becoming parents; financial issues; interfaith, intercultural & interracial marriage; balancing family & work; remarriage and stepfamilies.

These topics are covered by:

- Structured private couples discussions, exercises, goal-setting, etc. A substantial part of the seminar is spent confidentially interacting with your partner.
- Guided topic discussions during which we present marriage success factors and research.
- Demonstrations of communication, conflict resolution and other marriage styles, strategies, tools and situations.
- Your personal MST workbook which also includes post-seminar resources and guidance.

### Schedule, reservation and details

Find out more, get schedule and other details, and reserve at [stayhitched.com](http://stayhitched.com). Or give us a call today and we'll be happy to answer all your questions.

646-484-9741  
[mst@stayhitched.com](mailto:mst@stayhitched.com)

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# 2013 MST Schedule

## New York City, Manhattan

Saturday, January 12, 2013  
Saturday, April 6, 2013  
Saturday, June 22, 2013  
Saturday, October 26, 2013

## Washington, DC

Saturday, February 2, 2013  
Saturday, April 20, 2013  
Saturday, June 8, 2013  
Saturday, October 5, 2013

## Boston

Saturday, May 18, 2013

## Chicago

Saturday, May 4, 2013

\$550 (\$495 NYC) per couple, \$530 (\$475 NYC) 1-month advance registration

Seminars are held at convenient, comfortable hotels or other meeting facilities. Location details on website.

We schedule seminar dates in these cities every 2 - 6 months according to demand.

Visit [stayhitched.com](http://stayhitched.com) for details, latest schedule, marriage tips & research info, to get on our mailing list and to register.

# MST Seminar Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_\_) \_\_\_\_\_  
Alternate Phone (\_\_\_\_\_) \_\_\_\_\_  
E-mail \_\_\_\_\_

Partner's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_\_) \_\_\_\_\_  
Alternate Phone (\_\_\_\_\_) \_\_\_\_\_  
E-mail \_\_\_\_\_

Today's Date \_\_\_\_\_ / \_\_\_\_\_ / 200\_\_\_\_  
Seminar City \_\_\_\_\_  
MST Date to Reserve \_\_\_\_\_ / \_\_\_\_\_ / 200\_\_\_\_  
Wedding Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

How Did You Hear About Us? \_\_\_\_\_

Payment amount \$ \_\_\_\_\_  
Check enclosed [  ] Paid on web site by credit card [  ]  
Any other information, special topic interests, or comments

Any special food requirements, disability accommodations,  
other requirements, etc. \_\_\_\_\_

Reservation fees are non-refundable, but are transferable to any available future seminar date (free date transfer with at least 4 days notice; \$200 change fee with under 4 days notice). See reservation date change and refund policy detailed on our web page. Initial here to indicate that you have read and accept this policy. \_\_\_\_\_

Register and pay at [stayhitched.com](http://stayhitched.com) or return your reservation form and check payable to P.S. Kuhlman for \$530 (NYC \$475) early rate or \$550 (NYC \$495) standard seminar payment in full to:

Kuhlman / MST, 191 Saint Johns Place, Brooklyn, NY 11217

[Stayhitched.com](http://Stayhitched.com)