

# Facilitator's Instructions

for the course,  
***HIS NEEDS, HER NEEDS***

## SELECTION OF THE FACILITATORS

The facilitators of the *His Needs, Her Needs* course should be a couple who are committed to each other and their marriage relationship, and are in love with each other. In other words, they need to carry to the class their own personal success in meeting each other's emotional needs. Even if they do not want course members to perceive them as exemplary, they will, in fact, serve as examples and their marriage will be used to illustrate what to do and what not to do in marriage.

## FACILITATORS' ASSISTANTS

There should be a second couple selected to work with the facilitators who can serve as assistants and substitutes. This second couple should have all the qualifications noted above for the facilitators. These assistants help the facilitators prepare each class, can facilitate the class in an emergency, and also become facilitators themselves when new classes are offered. Since the enrollment is likely to grow, and the class size should be as small as possible (without limiting enrollment), classes two or more simultaneous classes may be desirable. Furthermore, the course can be offered four times a year, and the facilitators may not wish to teach it that often. Many couples take the course more than once.

## PREPARATION

The book, *His Needs, Her Need*, should be read by the facilitators and teachers' assistants, and the workbook should be completed, along with questionnaires in the workbook. Dr. Harley is available by telephone (612-429-6729) to talk to facilitators about questions they may have regarding the material.

## THE FIRST CLASS

The purpose of the first class is to 1) get acquainted with each other, 2) describe the goal of the class, 3) pass out the workbook and 4) encourage each couple to set aside time each week to complete the workbook assignment. If the workbook was passed out and first assignment was given during the *His Needs, Her Needs Workshop*, then the

purpose of the first class is to discuss the first lesson in the workbook and encourage couples to set aside time that week to complete the second lesson.

## GOAL OF THE COURSE

The goal of the course is to teach couples to identify and meet each other's most important emotional needs. The course itself will not create "professional" spouses, but it will help couples learn how to become professional. Each week, a new emotional need is introduced and a way to meet that need is described. But it takes more time than a week to actually develop the habits to meet that particular need.

## ASSIGNMENTS

It is extremely important for couples to complete each assignment before each class. Since the course is about developing good habits, it is appropriate to focus attention on how to get into the habit of doing the assignment. Time should be taken during each class for couples to schedule the time they need to complete the next assignment together. They should allow at least 2 hours each week, but discussion may stretch it longer. The time should be scheduled early in the week with an alternate time later in the week in case an emergency arises.

Before filling out the workbook, each spouse should read the chapter in *His Needs, Her Needs*. Two "magic marker" pens, a yellow pen for one spouse and a pink pen for the other, should be used to highlight sentences that are important to each spouse. Sentences can be marked by both spouses if they both feel they are important. They can read the book together or separately, although many couples have found it more enjoyable to read it together.

## STUDY GROUP FORMAT

Each class should be opened and closed with prayer, and a spiritual application, which is not included in these materials, would be appropriate.

After prayer, couples should be asked to report on whether or not they completed the assignment, and their experience trying to form the new habit of scheduling time to do it. A discussion of how difficult it is to change habits, and what can be done to succeed is appropriate. After class, the facilitators should work with couples who did not complete their assignments so that they will learn to be successful in scheduling time to do them. If the assignments are not completed, it is unlikely for a couple to learn much from this course.

The study group time is spent discussing the main points of each chapter. The facilitators can simply go through the workbook, item by item, or use a different outline

to cover essentially the same material. The facilitators should take turns presenting points and leading discussion each class hour, so that the facilitation couple is seen leading the class together. It also helps get both a male and female perspective on each subject covered.

The facilitators should try to bring experiences from their past to help illustrate important principles. They can also use newspaper clippings, cartoons, and news reports in class. But each facilitator should not use illustrations that are critical of or embarrass their spouse (Policy of Joint Agreement!). After the class has been taught once, the facilitators will begin to accumulate interesting ways to illustrate points used in each lesson.

## FOLLOW-UP SUPPORT

It is assumed that facilitators are not professional marriage counselors. If they are professional counselors, they should not charge any member of the class during or after the course. The course should not be used as a means to create a professional counseling clientele. They may, however, refer couples to professional counselors that are familiar with *His Needs, Her Needs* and other books written by Dr. Harley.

The facilitators are encouraged to provide individual support to couples attending the course at no cost. Many of the couples will have serious marital problems that are beyond the scope of the course, such as drug and alcohol addiction, life-threatening violence and severe emotional disorders. These couples should be encouraged to seek professional help. But most of the couples will be greatly helped by simply encouraging them to meet each other's emotional needs.

## OTHER RESOURCES

Familiarity with Dr. Harley's books *Love Busters*, and his workbook, *Five Steps to Romantic Love* will help the teachers understand many of the different types of marital conflicts, and encourage couples to create intelligent plans to overcome those conflict.

This course is an extremely valuable ministry, not only to members of your church, but also to those who would not be likely to come to your church except for the course. The Gospel of Jesus Christ should be presented informally during the course since many of those attending may not have yet received him as their Lord and Savior. Each participant should have an opportunity, at some point during the course, to enter into a personal relationship with Jesus Christ if he or she has not already done so.

May our Lord bless these efforts to build marriages the way he intends them to be: loving relationships based on mutual care and protection.

Willard F. Harley, Jr.