

Premarital Counselors in Utah

(November 15, 2024)

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Here are some couple counselors in Utah who are experienced in providing premarital counseling and whose services as reported meet the requirements for obtaining a discount on your marriage license. This is not at all an exhaustive list; it's just those who have chosen to list their service with the Utah Marriage Commission. We regularly update the list.

Danielle Bunker, Licensed Marriage and Family Therapist, EFT Counseling and Education Center

Background: Bunker is a licensed Marriage and Family Therapist and has worked as an intern therapist for the Church of Jesus Christ of Latter-day Saints Family Services Department. She is trained in Emotionally Focused Therapy (EFT), supervised by Dr. Rebecca Jorgensen. She has also been trained in the *Building Lasting Connections* program developed by Dr. Debi Gilmore and Dr. Rebecca Jorgensen. She received a certification in the couples training program, *Fighting for Connection*.

Services: Premarital counseling services cover the the importance of commitment to strong marriages, effective communication and conflict-resolution skills, including avoiding violence. The program Bunker employs is specifically developed for building the connection for our most important relationship. The program focuses on understanding one another and utilizes emotion to show each other love and commitment. Bunker works together with clients to identify what has been working and how to increase that. Bunker offers a free consultation before beginning services. And she offers quick scheduling -- no waiting list.

The cost is \$125.00 per session. (She is open to working out what is affordable to clients.) She accepts private payment and utilizes out of network benefits.

Contact:

email: info@eftcounseling.org

phone: 385-777-6357

websites: <https://www.eftcounseling.org/>; Psychology Today link:

<https://www.psychologytoday.com/us/therapists/danielle-bunker-saint-george-ut/1344774>);

LinkedIn profile: www.linkedin.com/in/danielle-bunker-33795430b

office: St. George. Also offers virtual counseling.

Timandra Fawson, Licensed Marriage and Family Therapist

Background: Fawson has a master's degree in Psychology with an emphasis in Family Therapy. She has been a licensed Marriage and Family Therapist in Utah since 2005 and has been working with couples for nearly 20 years. She loves helping more couples get off to the right start from the beginning of their relationship.

Services: Dr. Fawson offers 8 sessions of premarital counseling: Session 1: Tell your story and define relationship strengths; Session 2: Creating a Foundation for a Strong Marriage; Session 3: Understanding Conflict and reaction styles; Session 4: Resolving conflict together; Session 5: Sexuality - respect/fun/communication and growth together; Session 6: Finances - respect/communication and cooperation; Session 7: Extended Family - creating boundaries; Session 8: Forgiveness and Grace - maintaining a heart at peace.

Regular session fees are \$150 per session. If a couple pays upfront (or after the first session) for the entire 8-week counseling package, the cost is discounted to \$1,000. She also works with many insurance companies.

Contact:

email: timandra@bluechipcounseling.com

phone: (435)767-1724

website: www.bluechipcounseling.com

office: Downtown St. George. Also offers virtual counseling.

Debi Gilmore, Licensed Marriage and Family Therapist, Clinic Director at EFT Counseling and Education Center

Background: Dr. Gilmore is a Licensed Marriage and Family Therapist (LMFT), published author, public speaker, professional educator, and co-owner of *The EFT Counseling and Education Center*, a large mental health clinic specializing in couples therapy. Dr. Gilmore trains therapists seeking licensure or certification as an Emotionally Focused Therapist.

Service: Dr. Gilmore is co-founder and developer of the *Building a Lasting Connection*,™ a relationship education program for premarital couples. The *Building a Lasting Connection*™ relationship education program is based on her doctoral dissertation focused on premarital education. The program is being used by therapists and workshop facilitators across the world. She has a large team of *BLC* facilitators available to offer the program for \$100 - \$125 per hour.

Contact:

email: info@eftcounseling.org

website: www.eftcounseling.org

office: In-person sessions in Murray and St. George, and virtual premarital sessions upon request.

Sharilyn Green, EFT Clinic and Counseling Center

Background: Sharilyn Green is a Marriage and Family Therapist intern who graduated from Abilene Christian University in 2025. She was trained by Dr. Debi Gilmore in the *Building a Lasting Connections System* as well as *LifeSpan Integration*. She has worked as an intern in Dr. Gilmore's clinic for nearly a year and has seen many couples during her internship. She has experience working with couples who work in the medical field, military couples, cancer trauma, as well as LGBTQ issues, faith crises, and mental health problems.

Service: Green employs the *Building a Lasting Connection* program for premarital counseling and draws on training in Emotion Focused Therapy and attachment theory. She is passionate about building strong marital commitment and teaching effective communication skills. She offers sessions for \$100 per hour, as well as *BLC* training at a discounted group rate. This is negotiable depending on the circumstances.

Contact:

email: sharilyngreen50@gmail.com

location: St. George; also offers virtual counseling

Porter Macey, Clinic Director at Amber Creek Counseling

Background: Dr. Porter has a PhD in Marriage and Family Therapy. He has training and practical experience doing pre-marital counseling, and specializes in sexual preparation and communication. He also has specific training in helping clients with intimate partner violence.

Service: Dr. Porter offers the “*Great Start Pre-Marital*” curriculum, by Wib Newton, LPC, LMFT. However, he works in a private practice setting where the premarital couple gets to choose how often we work together. And he also offers some intensive work, if wanted, which can be customized to the couple, but typically run about 7 hours over two days.

The cost is \$175/hr.

Contact:

email: info@ambercreekcounseling.com

website: ambercreekcounseling.com

office: Sandy. Also offers virtual counseling.

Hallie Pehrson, Connections Family Wellness, LAMFT, MMFT

Background: Pehrson has a Master's degree in Marriage in Family Therapy and is a Licensed Associate Marriage and Family Therapist. She is also a certified Prepare and Enrich facilitator and a Level 1 Gottman therapist. She has many years of experience working with couples helping them to build, strengthen, and maintain long-lasting and meaningful relationships. She works with couples across diverse backgrounds, tailoring each session to their unique strengths and goals, helping them create a solid foundation for marriage.

Service: Pehrson guides premarital couples through the Prepare and Enrich curriculum, focusing on building relational strengths, shared goals, and a strong commitment to one another. Through effective communication, conflict resolution skills, and tools to prevent escalation and violence, she helps couples deepen their understanding and connection, preparing them to face life's challenges together with resilience and confidence in the strength of their relationship.

She offers a package deal of 3 premarital counseling sessions for \$250.

Contact:

Phone/Text: (801)871-5118; ask by name.

email: scheduling@cfamilywellness.com; ask for Hallie Pehrson by name

website: <https://cfamilywellness.com>

office: Logan; also offers virtual counseling