



## **2025 Duke University Flourishing in Marriage Workshop**

This workshop is intended for those who want to improve their marital relationship, whether there are problems in the relationship or whether couples simply want to improve the quality of an already good marriage. Married or engaged couples, life coaches, counselors, chaplains, clergy, and others who provide care to those who are married or planning to be married will find practical, useful tools to enhance flourishing in marriage. The content is based on time-tested psychological, social, behavioral, and spiritual principles that have led to long-lasting and fulfilling marriages, despite the many obstacles that often stand in the way. The health of a society depends on the health of the family, and the health of the family depends on the health of the marriage. The workshop promises to provide insights that will help to improve a marriage, while at the same time avoiding the issues of confidentiality and confrontation involved in counseling that prevent many couples from seeking help. The workshop is also an excellent first step that may lead to in-person counseling, if needed. This 8-hour Duke University online workshop will be held on **Saturday, August 2, 2025**, and is being conducted by Zoom.

### **Schedule (Aug 2)**

8:45	Introduction and guidelines
9:00-9:10	Sources of information
9:10-9:15	Flourishing in marriage & flourishing in life
9:15-9:45	Challenges and joys of marriage
9:45-10:00	Meaning of the marital vows
10:00-10:15	Monogamy and trust
10:15-10:30	Q & A
10:30-10:45	Break
10:45-11:15	Impact of children on the marital relationship
11:15-11:45	Impact of work on the marital relationship
11:45-12:00	Q & A
12:00-1:00	Lunch break
1:00-1:30	The wife's perspective
1:30-2:00	The husband's perspective
2:00-2:30	The role of faith in marriage
2:30-2:45	Q & A
2:45-3:00	Break
3:00-4:00	Kindness, expressing appreciation, & being grateful with Q & A
4:00-5:00	Forgiveness and humility with Q & A
5:00-5:15	Final Q & A
5:15	Adjourn

### **Faculty (for 1-day workshop)**

Harold G. Koenig, M.D. (<https://spiritualityandhealth.duke.edu/index.php/harold-g-koenig-m-d/>)

Charmin M. Koenig, RN, RT (CV available on request)

### **Location**

On-line EST (New York time)

### **Cost for Online Flourishing in Marriage workshop (Aug 2)**

\$199 for couple or individual (includes PDF of PowerPoint presentation and certificate of attendance if requested)

Tuition is negotiable for students and those with financial problems; contact Dr. Koenig

### **Registration**

- Write check out to: "Duke University, Department of Psychiatry"
- Send to:  
**CSTH**  
**415 Clarion Drive**  
**Durham, NC 27705-1818**
- Provide email address where receipt can be sent
- To wire tuition funds for online workshop see next page. However, **please avoid wiring funds whenever possible** (wired funds are almost always lost in the huge Duke University accounting system). Even if you are from a country outside of USA, simply send a check or money order from a major bank in your country to the address above. Walmart issues money orders.

### **Questions**

[Harold.Koenig@duke.edu](mailto:Harold.Koenig@duke.edu)

**Please forward this information to anyone you think might be interested**

**Duke University  
Electronic Funds Transfer Information**

Please use the following information for **INTERNATIONAL and DOMESTIC** wire transfers.

Bank                      Wells Fargo Bank, N.A.  
                                 420 Montgomery Street  
                                 San Francisco, CA 94104 USA

Swift Code              WFBIUS6S (International only)

Wire Routing Transit Number (RTN/ABA) 121000248 (Domestic only)

Beneficiary              Duke University Concentration Account  
Beneficiary Address      324 Blackwell St., Suite 900, Durham, NC 27701  
Account #                2023740253053

Amount:                \$199.00 USD [plus any wire transfer fee, which must be added]

**Details:** For deposit in **Duke University Medical Center, Department of Psychiatry, Duke workshop Fund Code (WBSE) 392-0310, GL 340900**

Contact: Harold G. Koenig, Department of Psychiatry and Behavioral Sciences,  
919-949-3854

E-mail: [Harold.Koenig@duke.edu](mailto:Harold.Koenig@duke.edu).

**Significant delays in posting wires to the appropriate Duke University fund codes may occur if details are not included in the wire reference field.**

**\*\*\*Send copy of documentation of wire transfer to Harold G. Koenig at [Harold.Koenig@duke.edu](mailto:Harold.Koenig@duke.edu) after transfer is made to ensure that the money goes into the correct account, otherwise the funds will not be credited\*\*\***