

## Development of the Catholic Version of PREPARE/ENRICH

Since the PREPARE/ENRICH inventories were first released over 35 years ago, they have been used by Catholic clergy around the world. When the revision and update of PREPARE/ENRICH began in 2007, a unique opportunity emerged. The combination of improved computer technology and several collaborative relationships with Catholic dioceses enabled us to create a customized Catholic inventory.

As the revision process unfolded, our staff had several productive discussions and meetings with Family Life Directors and Catholic clergy members. The goal was to create a couple inventory that was technologically advanced, easy to use, and specifically reflected the teaching and values of the Catholic Church. Based on the great response since it was released in 2009, it appears these goals have been accomplished!

A significant step in this process took place with the Diocese of Cleveland, Ohio. Bill Boomer, the Director for the Department of Marriage and Family in the Cleveland Diocese, describes the process from his perspective:

In the Cleveland Diocese, we have chosen to replace our own inventory (The Cleveland Diocese Evaluation for Marriage or CDEM) with PREPARE/ENRICH and have been very pleased. We reviewed several inventory options as we arrived at this very careful decision:

- 1) A pilot group of 25 clergy was trained in PREPARE/ENRICH and tested the inventories with couples in 2007.
- 2) The majority recommended we utilize PREPARE/ENRICH on condition that more Catholic items and items for those previously married without children would be added. PREPARE/ENRICH agreed and began developing the items.
- 3) This was presented to our Presbyteral Council and after deliberation they confirmed the recommendation to our Bishop.
- 4) Since then, we have trained all of our clergy and pastoral ministers. Thousands of couples have taken the assessment since switching to PREPARE/ENRICH.
- 5) Each couple receives a unique and appropriate set of scales to fit their circumstances. The content reflects the feedback several of our clergy gave for assessing Catholic couples in the areas of Spiritual Beliefs, Children & Parenting, and Sexual Expectations. At our recommendation, they also created a scale for those who had been previously married, but had no children.

Both clergy and couples have been favorably impressed with the PREPARE/ENRICH inventories. Couples find the items and exercises relevant to their lives and the online survey easy to use. Clergy gave high marks to the trainings they attended and have reported more engaged and meaningful conversations with couples.

A second key group was the Archdiocese of Santa Fe, New Mexico. Heddy Long, the Director for the Office of Family Life, pulled together a diverse group of clergy (priests and deacons) and members of the marriage tribunal to provide feedback and direction on the specific language and items for assessing Catholic couples. We held a face-to-face meeting in Albuquerque to receive their feedback and suggestions. The meeting was very fruitful as new content for an Interchurch/Interfaith scale was created, as well as inventory items assessing commitment, the use of pornography, the understanding of the sacramental nature of marriage, and specific inventory content about premarital sexual boundaries.

Other Catholic Family Life staff across the country provided input for the project. The results reflect a truly collaborative effort. PREPARE/ENRICH is grateful for the spirit of teamwork that has emerged throughout this process.

### **NACFLM**

We continue to present the Catholic Customized Version of PREPARE/ENRICH at the meetings of the National Association of Catholic Family Life Ministers. The program has been well received in the Catholic community and several dioceses have adopted it as their inventory of choice, including Austin, Cleveland, Santa Fe, Delaware, Lafayette, Atlanta, and more!

If you want more information on using PREPARE/ENRICH in your diocese, contact our office today at 800.331.1661.