GOALS OF TRAINING

For Facilitators

• Learn the areas assessed in PREPARE/ENRICH
• Understand differences between Positive Couple Agreement (PCA) and Individual Scores
• Learn how to read and interpret the Facilitator’s Report
• Understand and interpret the Couple and Family Maps
• Become familiar with the Workbook for Couples as a resource in providing feedback and teaching relationship skills

GOALS FOR COUPLES

Six Goals of the PREPARE-ENRICH Program

• Explore strength and growth areas
• Strengthen communication skills
• Identify and manage major stressors
• Resolve conflicts using the Ten Step Model
• Develop a more balanced relationship using the Couple and Family Maps
• Understand personality differences and maximize teamwork

The Workbook for Couples contains over 20 exercises you can utilize in providing feedback to couples. The Facilitator’s Report will recommend exercises in the Workbook for Couples for each topic. Note: Core Exercises related to the goals above are marked in the Contents with a star.

FOUNDATION OF PREPARE/ENRICH

PREPARE/ENRICH is based on:

• Systems theory, which integrates concepts and principles from Marital and Family Therapy
• Couple and Family Strengths Model
• Prevention-oriented approaches
The Two Components of PREPARE/ENRICH

1 Online couple assessment
   • Primes the couple for relevant and revealing discussion
   • Identifies strength and growth areas

2 Feedback & teaching relationship skills
   • Communication and Conflict Resolution
   • Closeness and Flexibility
   • Personality Compatibility
   • Stress Management

Strong Research and Scientific Background
All the couple scales have the following characteristics:
   • High levels of reliability and validity
   • National norms based on over 500,000 premarital and married couples
   • Validated with various ethnic groups
   • Adapted for use in several other countries

PREPARE/ENRICH is an online assessment. The assessment tailors itself to the unique stage and structure of each couple’s relationship, as well as to the larger cultural context in which they live.

Systemic Components of PREPARE/ENRICH
FACILITATOR’S REPORT

Ten Core Scales
The ten core scales that assess couple’s relationship health are:
- Idealistic Distortion
- Communication
- Conflict Resolution
- Partner Style and Habits
- Financial Management
- Leisure Activities
- Sexuality and Affection
- Family and Friends
- Relationship Roles
- Spiritual Beliefs

SCOPE Personality Profile
The SCOPE Personality Profile assesses each person based on five personality areas. It is derived from the highly researched Five Factor Model of Personality, sometimes called the Big Five Model. The five areas have been renamed to be easier for couples to understand, in the acronym SCOPE:
- Social............................................ extroversion vs. introversion
- Change............................................ dependable vs. open to change
- Organized....................................... conscientious vs. easy going
- Pleasing......................................... agreeable vs. competitive
- Emotionally Steady.............................. calm vs. sensitive

Relationship Dynamics
The dynamics of a couple’s relationship are measured in four interconnected areas:
- Assertiveness – the ability to express one’s feelings and ask for what one wants in the relationship
- Self Confidence – how good one feels about oneself and their ability to accomplish what they want in life
- Avoidance – the tendency to minimize issues and reluctance to deal with issues directly
- Partner Dominance – how much one feels controlled or dominated by their partner

Couple Map and Family Map
PREPARE/ENRICH utilizes the Couple and Family Maps to assess the two dimensions of Closeness and Flexibility in a couple’s relationship and in their families of origin.

Personal Stress Profile
Using the Personal Stress Profile helps couples assess their current level of stress and identifies their most stressful issues.
Satisfaction

Individual and relational satisfaction is examined for all couples.

Commitment

Each individual describes their commitment to the relationship and how they think their partner feels about commitment.

Abuse and Substance Abuse

Physical, emotional, verbal, and sexual abuse are examined for all couples. Also assessed are substance abuse issues and problematic sexual behaviors.

Customized Scales

Based on the stage and structure of each couple’s relationship, many unique scales and categories may be assessed:

General Issues
- Cohabitation issues
- Cultural and ethnic differences
- Character traits
- Problems from previous marriages
- Forgiveness

Parenting issues
- No children
- Planning to have children someday
- Becoming parents (pregnant, first child)
- Currently have children
- Step-parenting expectations (premarital) and satisfaction (have stepchildren)
- Intergenerational issues (empty nest)

Older Couples
- Health issues
- Role transitions
- Intergenerational issues
- Sexual relationship in later life
- Financial management in later life

Faith-based Scales
- Spiritual beliefs measured in a nonsectarian format
- Various religious traditions
- Interfaith/Interchurch
BENEFITS TO COUPLES
Couples benefit from taking PREPARE/ENRICH:

• Creates curiosity about how their partner responded to the items
• Stimulates dialogue about important relationship topics
• Increases awareness about themselves and their partner
• Assessment results help couples apply concepts and skills relevant to their unique relationship
• Increases relationship skills and satisfaction (see Research section at www.prepare-enrich.com)

BENEFITS TO FACILITATORS
Your work with couples is enhanced by:

• Flexibility of program—use the structured feedback exercises or just the assessment
• Client-initiated learning brought about by assessment results
• Identifying both strength and growth areas
• Ease of goal setting: PREPARE/ENRICH logically connects with relationship goals
• Providing concrete and objective data about the couple relationship
• Format options—couple/facilitator, couple/mentor, small group
• Additional resources and counseling skills easily integrate into the feedback process