

## RELATIONSHIP SKILLS TRAINING AND MARRIAGE EDUCATION PROGRAMS

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/ TRAINING	COMMENTS
<i>General</i>					
<p>The 8 Habits of a Successful Marriage</p> <p>Contact: FranklinCovey Marriage, Family, Youth, and Community Initiatives Community Strategic Consultants:</p> <p>West of the Mississippi and International: Durelle Price (800) 827-1776 X 76152 <a href="mailto:durelle.price@franklincovey.com">durelle.price@franklincovey.com</a></p> <p>East of the Mississippi: Maria Walden- Sullivan (888) 603- 1776 X 89181 <a href="mailto:maria.walden@franklincovey.com">maria.walden@franklincovey.com</a></p>	<p><b>Couples:</b> The 8 Habits of a Successful Marriage is appropriate for a wide range of couples including pre-committed, committed premarital, engaged, married, single parents and remarried couples. The 8 Habits program is appropriate for distressed couples given facilitation is provided by appropriately skilled professionals.</p> <p>The program is suitable for a broad socio-economic group at all literacy and education levels including those receiving TANF, as well as for a variety of populations including African-American and multi-ethnic communities.</p> <p>The curriculum has been implemented by community coalitions, faith-based coalitions, city administrations, and other groups across the country.</p>	<p><b>Purpose</b> The curriculum takes an asset-based, dialogic, self-discovery approach through fun, engaging, and interactive exercises that empower couples to:</p> <ul style="list-style-type: none"> <li>▪ Abandon unhealthy behaviors</li> <li>▪ Build character</li> <li>▪ Develop problem-solving skills</li> <li>▪ Resolve conflict successfully</li> <li>▪ Develop speaker-listener techniques</li> <li>▪ Practice forgiveness</li> <li>▪ Strengthen companionship</li> </ul> <p><b>Focus:</b> The curriculum has a balance of values, principles and skills which, when combined, seeks to help couples increase self and intrapersonal awareness allowing them to increase their commitment as they hone communication and problem solving skills. Its secular design allows the program to be presented by any organization seeking to strengthen marriage in their community.</p>	<p><b>Format:</b> The curriculum is recommended to be facilitated over an 8 week period, one session per week, each session lasting no more than 3 hours.</p> <p>Participants build skills through hands-on individual, couple, and group activities utilizing an easy-to-read guidebook containing introspective and couples dialogue worksheets.</p> <p>In addition, the program features a marriage calendar that is a central tool for logistical planning, couple commitments and it features many quotes and behavior reinforcing information, couples meeting worksheets, and fun, romantic activity suggestions.</p>	<p><b>Training:</b> Facilitators are not required to be licensed counselors, or social workers. All facilitators must be trained and certified under direction of FranklinCovey. Also, it is recommended that a structured selection process be in place to nominate facilitators based on qualifications of the specific community to be served.</p> <p>Franklin Covey's Marriage, Family, Youth and Community Initiatives Division utilize a certification team, led by Dr. John Covey, that trains nominees in facilitating and implementing the curriculum. These certifications are conducted across the country at onsite workshops and regional conferences.</p> <p>Posters and other marketing resources are provided free to certified facilitators.</p> <p>Costs for training: contact developer</p>	<p>In 2005, FranklinCovey launched The 8 Habits of a Successful Marriage Workshop series, which is based on Stephen R. Covey's "The 7 Habits of Highly Effective People" and "The 8th Habit: From Effectiveness to Greatness." Currently, communities that are utilizing The 8 Habits of a Successful Marriage curriculum are conducting research studies to evaluate its effectiveness.</p> <p>Organizations using the curriculum also have access to other FranklinCovey assistance such as: how well the organization develops leadership, builds effective and active coalition membership, implements best practices for participant referral and retention, establishes a long-term strategy of program implementation evaluates post program data, and develops participant resources.</p>

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<p>The Art and Science of Love (206) 523-9042 or (888) 523-9042 <a href="mailto:gottman@gottman.com">gottman@gottman.com</a>.</p>	<p><b>Couples:</b> The Art and Science of Love curriculum is designed for married, unmarried, and distressed couples looking to strengthen or repair their marriage or relationship.</p>	<p><b>Purpose</b> To help couples gain new insights and learn research-based relationship skills that can dramatically improve the intimacy and friendship in their relationship and help them resolve conflict in a healthy, productive way.</p> <p><b>Focus</b> The curriculum focuses on:</p> <ul style="list-style-type: none"> <li>• Fostering respect, affection, and closeness</li> <li>• Building and sharing a deeper connection with each other's inner world</li> <li>• Keeping conflict discussions calm</li> <li>• Breaking through and resolve conflict gridlock</li> <li>• Strengthening and maintaining the gains in your relationship</li> </ul>	<p><b>Format:</b> The Art and Love of Science curriculum is provided over a weekend (i.e., 2 days) in a workshop format.</p> <p>Workshop topics include: The five basic questions; Assessing your marriage; and Building a solid "Marital House."</p> <p>During the first day, participants learn how to build fondness, admiration, and closeness in their relationship. On the second day, participants work on conflict management while learning communication skills.</p> <p>The workshop includes many humorous stories and role-plays by the facilitators and couples work privately on exercises designed to address the challenges in their real-life relationship. There is no group work or public disclosure.</p>	<p><b>Training:</b> Workshops are led by Gottman trained male/female facilitator pairs. Facilitators must be trained by the Gottman Institute.</p> <p>Participants working in the following fields can be trained: Mental health providers; Allied professionals and clergy; Students and interns; Staff from family therapy clinics; Professors/teachers of couples therapy; Researchers in social sciences; Employee assistant professionals</p> <p>Trainees not only learn about concepts and theories, but also about assessment, interventions, new skills, strategies, and perspectives.</p> <p>Fourteen continuing education credits are available for this workshop.</p> <p>Costs for training: contact developer</p>	<p>The Art and Science of Love curriculum is based on the Gottman Method of Couples Therapy. The workshop is based on Dr. Gottman's studies of more than 3,000 couples and 30 years of research. For three decades, Dr. Gottman has been investigating what goes into making marriages successful for many years.</p>

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<p>COUPLE COMMUNICATION I and II® <a href="http://www.couplecommunication.com">http://www.couplecommunication.com</a></p> <p>Great Start®</p>	<p><b>Couples:</b> pre-marital or married at any stage of relationship. Primarily offered as engaged or marriage education (marriage enrichment) for wide range of socio-economic and age levels of partners. Can also be added as a component of a highly distressed couple's treatment plan.</p> <p><b>Settings</b> CC is typically taught in:</p> <ul style="list-style-type: none"> <li>• Faith Congregations</li> <li>• Family Service Agencies</li> <li>• Counseling or Therapy practices</li> <li>• College, University, or Seminary course for credit</li> </ul> <p>Great Start is the combination of the COUPLE COMMUNICATION program with the PREPARE/ENRICH compatibility inventories for premarital and newlywed couples.</p>	<p><b>Purpose</b> To help couples:</p> <ul style="list-style-type: none"> <li>• Communicate more effectively</li> <li>• Develop a collaborative relational operating system to handle issues, make decisions, and resolve conflicts better.</li> <li>• Build a more viable and satisfying relationship</li> <li>• Prevent chronic marital discord</li> </ul> <p><b>Focus</b> Couples learn 11 interpersonal skills for effective talking, listening, decision making, conflict resolution, anger management, and building a collaborative partnership.</p> <p>Non-religious. However a list of scriptures that correspond with each session is available for instructors who wish to add Biblical foundation for the programs.</p>	<p><b>CC I:</b> Four sessions covering: Caring About Yourself (The Awareness Wheel), Caring About Your Partner (The Listening Cycle), Resolving Conflicts (Mapping Issues), and Choosing Communication Styles</p> <p>-Four 2-hour sessions, instructor led, including 6 to 12 other couples; <i>or</i></p> <p>-Six 50-minute one-on-one sessions between the couple and an instructor.</p> <p><b>CC II:</b> Five sessions: The Relationship Map, Collaborative Communication, Managing My Anger, Responding to My Partner's Anger, Phases of Relationship</p> <p>-Five 2-hour sessions, instructor led, including 6 to 12 other couples; <i>or</i></p> <p>-Eight 50-minute one-on-one sessions between the couple and an instructor.</p> <p>See CC Website or Catalog for couple materials and costs. (Also available in Spanish)</p>	<p><b>Training</b> CC I &amp; II/CORE Instructor Training is offered at various cities around the country (as well as at the annual Smart Marriages conference) with a certification process to develop instructor competence and excellence in teaching.</p> <p>Most instructors are either human services professionals or lay mentor couples within a congregation. No prerequisite professional training in mental health is required. See Website for list of certified providers.</p> <p>Instructor training is offered by the co-founders, and other approved CC Training Associates ("master trainers"). See CC Website or Catalog for Instructor Training materials and costs.</p>	<p>Research-based curriculum developed in 1968 at the Univ. of MN Family Study Center by Drs. Sherod Miller, Daniel Wackman, &amp; Elam Nunnally. Revised in the 1990s. Over 600,000 couples have participated in CC since its inception.</p> <p>More than 70 independent studies, many at major universities through out the United States, have been conducted on CC. More studies are in process.</p> <p><b>Results:</b></p> <ul style="list-style-type: none"> <li>• Strong positive effect on communication behavior after the program</li> <li>• Positive effect on relationship quality after the program and at follow-up.</li> <li>• Positive effect on individual adjustment, particularly self-esteem</li> <li>• Positive effects across socio-economic status, age, and for distressed as well as non-distressed couples</li> <li>• No negative effects of the program have been found.</li> </ul>

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<p>How to Avoid Marrying a Jerk(ette)! The program is also referred to as the P.I.C.K. a Partner Program (Premarital Interpersonal Knowledge and Skills).</p> <p>Contact John Van Epp, PhD. at <a href="mailto:vanep@nojerk.com">vanep@nojerk.com</a> for questions. <a href="http://www.nojerk.com">www.nojerk.com</a></p>	<p><b>Singles</b> The program was developed for singles and singles-again of all ages. The program aims at empowering singles with the tools necessary to be more deliberate in their romantic relationships as well as equip them with a plan as to how to develop their relationship in a healthy way.</p> <p>The program and the format of the program are extremely flexible and can be adapted depending on the population that is being served.</p> <p>This program is for use with any age as well as any racial or ethnic background and any education level.</p>	<p><b>Purpose</b> 1) To teach singles and singles-again key areas to consider and explore with a prospective partner that may be predictive of how they will be in a marital relationship.</p> <p>2) To teach singles and singles-again how to pace a growing relationship in such a way to avoid becoming overly attached and ignore key problem areas in a developing relationship.</p> <p><b>Focus</b> The program explores five bonding dynamics (e.g., knowledge, trust, reliance, commitment, and sex) and is conceptualized by the Romantic Attachment Model (R.A.M.). The R.A.M. Model is used to illustrate how the 5 key bonding dynamics can become out of balance and lead to unhealthy vulnerabilities in a relationship.</p>	<p><b>Format:</b> The program consists of 5 sessions each of which lasts approximately 45 minutes.</p> <p>The format of the program is flexible and the delivery timeframe and method is completely up to the instructor.</p> <p><b>Implementation:</b> The sessions can be spread out over 5 days, 4 days, a weekend retreat or even over the course of one day.</p>	<p><b>Training:</b> The instructor's certification course is approximately 5 hours in duration. Also, Dr. John Van Epp is available to perform in-person trainings of future instructors.</p> <p>Anyone can become certified to teach the program. Providers do not need to be mental health professionals.</p> <p>In order to become certified to teach the Jerk(ette) program it is necessary to purchase the Instructor's Certification Packet, watch the instructor's certification course and then take an online test. This certification allows instructors to purchase future materials at a discount as well as to have access to inserts that are available on the website.</p> <p>Costs for training: contact developer</p>	<p>How To Avoid Marrying A Jerk(ette) is being taught in 45 states, seven countries and thousands of churches, single organizations, educational settings and agencies for the past 10 years; also by over 600 chaplains on military bases.</p> <p>In addition, in 2004 the Ohio State University conducted a research study to evaluate the effectiveness of the program among single Army soldiers. Program participants were evaluated using a retrospective pre-post test design and were compared to non-program participants. The study found that overall, the single soldiers placed more importance on getting to know the key areas that are predictive of what a partner will be like in a future marriage as well as felt more knowledgeable and confident in their abilities to pace and develop a healthy relationship.</p>

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IMAGO Relationship Therapy® <a href="http://www.imago-therapy.com/">http://www.imago-therapy.com/</a>	Singles and couples.	<p>Workshop for singles ("Getting the love you want"), workshop for couples ("Keeping the love you find").</p> <p>Addresses unconscious sources of conflict, self-awareness, helping each other "finish childhood," compassion, communication skills ("Imago dialogue"), re-romanticizing relationship, achieving a "conscious marriage."</p> <p>Non-religious.</p>	<p>20-hour workshop, typically offered in a weekend format.</p> <p>Includes lectures, written exercises, guided imagery, and live demonstrations of communication skills and processes. A staff of support therapists is available to assist throughout the workshop.</p>	<p>IMAGO therapists must be licensed counselors.</p> <p>IMAGO Relationship International faculty of 20 Clinical Instructors offer therapy, workshops, training.</p> <p>Over 1,900 IMAGO therapists in more than 20 countries have been trained.</p> <p>Over 160 Certified Imago Therapists™ offer workshops.</p> <p>Website lists IMAGO therapists and upcoming workshops.</p> <p>Costs for training: contact developer</p>	<p>Developed in 1984 by Harville Hendrix, Ph.D., and his wife, Helen Hunt, M.A., M.Ph.</p>

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<p>PAIRS®  <a href="http://www.pairs.com/">http://www.pairs.com/</a></p> <p>Contact: FL headquarters at 888-PAIRS-4-U</p> <p>see also "PAIRS for PEERS®" below and at:  <a href="http://www.peers4youth.org/">http://www.peers4youth.org/</a></p>	<p>Singles and Couples. Also versions for youth (PAIRS for Peers); for Jewish, Catholic, &amp; other Christian premarital &amp; newlywed couples (PAIRS First, PrePAIRS); for married couples (Passage to Intimacy, PAIRS Semester Program, PAIRS Jumpstart, PAIRS If you Really Loved Me Workshop); for Christian marriages; for married couples seeking divorce; for gay &amp; lesbian couples (PAIRS for Life Partners). PAIRS Basic for the Military, and for families, PAIRS Family Experience.</p>	<p>Self-exploration, family-of-origin issues, effective communication &amp; conflict resolution skills: "confiding, complaining, clarifying, concluding". Focuses on "emotional literacy" and "emotional re-education."</p> <p>Standard program is non-religious, though Jewish, Catholic, &amp; other Christian versions available.</p>	<p>Many formats available: weekend; one-day; 4-hr workshop; 5 session PrePAIRS; 10-session PAIRS for Christian marriages.</p> <p>"The Family Experience" model is a 5-hour program attended by both parents and children.</p> <p>Also has a four-hour class format that qualifies as premarital education in FL.</p>	<p>Certified health care professionals &amp; clergy, trained under the auspices of the PAIRS Foundation. (PAIRS prefers that teachers of longer programs be mental health professionals.)</p> <p>Training offered at annual Smart Marriages Conference and throughout the year. Contact PAIRS headquarters for trainings in your area.</p> <p>Website has list of providers.</p> <p>Costs for training: contact developer</p>	<p>Developed in the 1980s by Lori Gordon, Ph.D. Pre-/post studies suggest a reduction in anger and anxiety and increases in self-esteem and esteem for partner upon completion of the course. Results held for distressed and non-distressed couples in the class.</p>

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PREP® <a href="http://www.prepinc.com">http://www.prepinc.com</a>	Couples and individuals.  Also materials for use with Christian couples, Jewish couples, African-American couples, and empty-nesters.	Communication, conflict management, problem-solving skills; "speaker/listener technique". Fun, friendship, sensuality and sexuality, commitment, forgiveness.  Non-religious, though Christian and Jewish materials available.	12-hour course, available in many formats. Subsets of modules can also be taught separately in as short as a 90-minute class. Self-directed learning also available through books, audio, and video.	No professional training in mental health required  Must be trained in PREP to provide PREP. Currently, 11,010 in 28 countries are trained PREP instructors.  Training offered at annual Smart Marriages Conference and at various sites around the country. Will travel to your site.  Website has list of providers and training opportunities.  Costs for training: contact developer	Research-based curriculum first developed in 1984 by Drs. Howard Markman, Frank Floyd, Scott Stanley, & Susan Blumberg, with continual refinement by Scott Stanley and Howard Markman.  The only program evaluation following couples for many years; shown to improve marital interactions (and perhaps reduce divorce) up to 4 years later.

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Relationship Enhancement® <a href="http://www.nire.org">http://www.nire.org</a>	Premarital and marital couples. For marital enrichment as well as for distressed couples.	An educational skills-training (and brief therapy) model that teaches nine RE skills: Expressive, Empathic, Discussion/ Negotiation, Problem Solution, Partner Facilitation, Self-Change, Other-Change, Generalization, and Maintenance.  Seeks to promote mutual understanding and cooperative problem-solving in order to increase marital satisfaction.  Non-religious.	2-day seminar weekend format (13 hours); weekly formats of two hours (seven or eight weeks).	The RE Program is led by trained mental health professionals and non-professionals who have been specifically trained and are authorized to lead the program RE therapists must be licensed counselors trained in Relationship Enhancement® Couple Therapy and Family Therapy. Training offered at annual Smart Marriages Conference; other dates listed on website. Website has Directory of RE Providers.	Research-based curriculum first developed in 1960's and refined over the years by clinical psychologist, B. Guerney, Jr., Ph.D. Well-researched. A comprehensive meta-analytic study found its effects to be the largest of 12 psycho-educational/counseling programs examined.
Mastering the Magic of Love®	Simplified RE; especially appropriate for lower literacy couples; a more interactive format	Same as for traditional RE, though with less psychological jargon; materials written at the fifth grade level.	Same as for traditional RE	Training in traditional RE qualifies to provide both RE and the Mastering the Magic of Love Program. Training offered at annual Smart Marriages Conference; other dates listed on website.	
Love's Cradle®	RE for unmarried parents	New parenthood, plus six additional 6-hour modules that tackle other serious issues of trust, marriage, finances, intense emotions, parenting, and extended family relationships (topics identified by researchers as crucial barriers to positive family formation in fragile families).	21 two-hour group sessions: 10 are devoted to the simplified RE skills and 11 are devoted to the supplemental modules.	Training offered at annual Smart Marriages Conference; other dates listed on website.  Costs for training: contact developer	Love's Cradle was developed by Mary Ortwein and RE founder B. Guerney under contract to Mathematica Policy Research as part of ACF's Building Strong Families Initiative.

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<i>For African-American couples</i>					
African-American Marriage Enrichment Program® <a href="http://www.aafle.org">www.aafle.org</a>	African American male-female couples. Never married, married, remarried, cohabiting, or non-cohabiting couples in committed relationships for at least 1 year. Ages 18-30+. Participant incomes from poor to middle class. Educational levels from 8 <sup>th</sup> grade through graduate levels. English-speaking.	<p>"Marriage" enrichment</p> <p>Non-religious but consistent with most faith traditions in the African American community.</p> <p>Content examines partners' expectations and attitudes about mate selection &amp; marriage, interpersonal relationship skills &amp; power inequities, gender role conflicts, impact of environmental frustrations and childrearing on marital stability and satisfaction.</p>	<p>Orientation session, followed by 7 weekly 2.5 hour psychoeducational classes. Concludes in the 8<sup>th</sup> week with a commitment ceremony that can include marriage</p> <p>Both partners are required to attend.</p> <p>Transportation, dinner, and structured children's activities and homework assistance, as well as cash or gift certificates are standard participant incentives.</p>	<p>Providers must complete the AAME Instructor's training to receive the African American Marriage Enrichment Program Instructor's Manual and Instructional Disks.</p> <p>Training offered at annual Smart Marriages Conference and by contract to interested individuals or groups.</p> <p>Ideally, trainees should hold a minimum of a Bachelor's degree in the social sciences</p> <p>Costs for training: contact developer</p>	<p>New. Research-based curriculum developed by Lorraine C. Blackman, Ph.D., CFLE, in collaboration with Indiana University School of Social Work, Father Resource Program of Wishard Health Services, the M.L. King Multi-Service Center, and Robinson Community AME Church.</p> <p>Initial aim was to develop a social work practice model to prevent marital disillusionment and divorce and, secondarily, to build professional capacity in Indiana to provide ethnic and gender sensitive family life education.</p> <p>Research suggests positive effects on relationship stability, perceived relationship quality, and high levels of consumer satisfaction, especially among males.</p>

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<i>For low-income African-American individuals and couples</i>					
<p>Exploring Relationships and Marriage with Fragile Families</p> <p>Developed by the Center for Fathers, Families and Workforce Development</p> <p><b>Contact Information:</b>  Kristin Jacobsen,  Center for Fathers, Families and Workforce Development, 3002 Druid Park Drive, Baltimore, Maryland 21215,</p> <p>Telephone:  410.367.5691  Email:  <a href="mailto:kjacobsen@cfwd.org">kjacobson@cfwd.org</a></p>	<p><b>Target Population:</b>  Exploring Relationships and Marriage with Fragile Families is a three-program curriculum targeting a distinct subpopulation: low-income, never-married, African American parents between 18 and 35 years of age.</p> <p>Each program (Program for Mothers, Program for Fathers and Program for Couples) focuses on a specific component of the larger effort to promote effective relationship management and explore the issue of marriage with this subpopulation of African American men and women.</p>	<p><b>Purpose:</b>  -To help romantically-involved parents gain the knowledge and skills that can strengthen their relationships and provide a practical way for them to explore the marriage option.  -To help those mothers and fathers for whom marriage is not a realistic option at present, to build greater self-awareness and the skills necessary to initiate and sustain healthy relationships, including marriage.</p> <p><u>Program for Couples:</u>  Focuses on men and women who have an interest in exploring the possibility of formalizing their commitment to one another through marriage.</p> <p><u>Program for Mothers/Program for Fathers:</u> Focuses on unmarried mothers/fathers who have an interest in preparing for mature relationships that could potentially include marriage.</p>	<p>Each program includes eight sessions.</p> <p>The Mothers' and Fathers' Programs have been designed for implementation with single-gender groups of individual parents - either low-income mothers or fathers. May be offered as a stand alone workshop series or be infused into existing programs or services.</p> <p>The Program for Couples is designed as a stand-alone workshop series for couples who feel they are in a relationship they want to last. These men and women are open to exploring the issue of marriage and the basics of making a mature relationship commitment.</p> <p>Designed for use with small groups (8-16 individuals or 6 -10 couples).</p>	<p>Training is offered in Baltimore, Maryland by the Center for Fathers, Families and Workforce Development (CFWD).</p> <p>The typical training is 2½ days and focuses primarily on the Couples program. In addition to the Couples Program, training participants are also exposed to the content of the Fathers and the Mothers program.</p> <p>Costs for training:  contact developer</p>	<p>This curriculum includes research-based instructional strategies that reflect the African world view, a growing influence on social and educational interventions targeting African American populations. The African world view promotes cooperation, integrity, and personal responsibility as a means of developing character.</p> <p>The curriculum is designed to recognize that marriage is not appropriate for, legally accessible to, or desired by everyone.</p> <p>The curriculum is also designed to be offered in a style that is open and respectful to participants from a wide variety of backgrounds, cultures, and religions.</p>

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<p>Caring For My Family Program Website: <a href="http://www.fcs.msu.edu/cfmf/">http://www.fcs.msu.edu/cfmf/</a></p> <p>Contact: Karen Shirer, Ph.D. Assistant Professor and Extension Specialist, Family and Child Ecology, Michigan State University Tel. 517-432-8703</p>	<p><b>Target Population:</b> The curriculum was developed for women in TANF as countable work activity. It has been expanded to include fathers, but was developed primarily with TANF women in mind.</p> <p>The curriculum was developed to meet the needs of low-income, distressed: committed couples, unwed parents, and individuals not currently in a relationship.</p> <p>The curriculum has been adapted for teen parents who are not currently contemplating marriage.</p> <p>The curriculum has worked well with low education couples, and people who don't see marriage as an option for themselves.</p> <p>The curriculum also helps young women understand the importance of father involvement.</p>	<p><b>Purpose:</b></p> <ul style="list-style-type: none"> <li>-To build decision making skills</li> <li>-To encourage father involvement</li> <li>-To encourage co-parenting behaviors and attitudes</li> <li>-To encourage marriage readiness</li> <li>-To strengthen parenting and family relationships</li> <li>-To improve communication and conflict resolution skills</li> </ul> <p>Secular, no religious affiliation</p>	<p>Developed to be flexible and adapted at the discretion of the course facilitator to meet needs, based on the results of a pre-assessment</p> <p>The curriculum is designed to be taught over 24 hours and is typically taught over the course of 6 to 8 sessions.</p> <p>Module 1 of the curriculum is the core and provides a "road map" for the use of other 3 remaining modules.</p> <p>The course is usually taught in home and community settings.</p>	<p>Facilitators are typically individuals with human service training and experience, and possess a bachelor's degree.</p> <p>Occasionally, the course is led by "community facilitators" who do not have college degrees but are trained by a mentor who does.</p> <p>Curriculum developer provides in-person, on-site training to facilitators in the use of the curriculum. Costs for training: contact developer</p> <p>Trainers who have been trained by the curriculum developer can in-turn train new facilitators.</p> <p>No listing or registry of trained facilitators is maintained.</p> <p>The entire curriculum and participant materials are available on-line for free.</p>	<p>Program was launched in 2002.</p> <p>Developed by Karen Shirer, Ph.D., in consultation with peers</p> <p>A quasi experimental design has been used to examine the program, and has identified some program effects. However, the results of the study are still being written up.</p> <p>The curriculum is designed after a psycho-education model.</p> <p>The in-person training emphasizes the need to assess for more intensive treatment and for domestic violence (DV), encouraging relationships with local DV resources.</p>

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<p>CORE COMMUNICATION®  <a href="http://www.couplecommunication.com">http://www.couplecommunication.com</a></p> <p>For more information or to receive a catalogue, call 1-800-328-5099</p>	<p><b>Individuals:</b> Unattached youth, singles groups anticipating or considering marriage, non-married pregnant women, non-married expectant fathers, single parents, individuals in coaching-mentoring relationships</p> <p><b>Settings</b>  CORE is typically taught in:</p> <ul style="list-style-type: none"> <li>• High Schools</li> <li>• Community Colleges</li> <li>• Faith Congregations</li> <li>• Family Service Agencies</li> <li>• Counseling or Therapy Practices</li> <li>• College, University, or Seminary courses for credit</li> </ul>	<p><b>Relationship Skills</b>  Same basic content as CC I and II. (See above)</p>	<p>9 hours, typically divided into six 90-minute sessions; can be extended if time available for more skill practice.</p> <p>Participant materials are also available in Spanish.</p>	<p><b>Training</b>  CORE Instructor Training is included in CC Training Workshop.</p> <p>Costs for training: contact developer</p>	<p>Developed by Drs. Phyllis and Sherod Miller</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For low-income individuals, couples, and families</i>					
<p>Family Wellness® (also known as Survival Skills for Healthy Families)  <a href="http://www.familywellness.com">http://www.familywellness.com</a></p> <p>Contact:  <a href="mailto:family@family_well.com">family@family_well.com</a></p>	<p>Couples and families.</p> <p>Particularly, multi-cultural and ethnic minority populations, and low-income unmarried couples.</p> <p>Has been used with couples and families experiencing domestic violence, child abuse, drug and alcohol abuse.</p> <p>Used by military chaplains.</p> <p><b>Settings</b>  FW has been taught in:</p> <ul style="list-style-type: none"> <li>• Military</li> <li>• Family Service Agencies (for family preservation and child abuse prevention)</li> <li>• Schools</li> <li>• Congregations</li> <li>• By law enforcement in gang neighborhoods</li> </ul>	<p>Teach concepts of commitment and cooperation. Teach skills of knowing what you want for self, couple and family; saying what you want; and getting what you want by speaking, listening and negotiating.</p> <p>Standard program is non-religious, though materials that incorporate scriptures for Christian couples and families are available.</p>	<p>12-hour program, usually taught in six 2-hour sessions.</p> <p>Groups of 5-30 couples. (Groups larger than 20 have two instructors)</p> <p>Weekend retreat format; in-home couple coaching format</p> <p>"Wellness in the Classroom" version of curriculum developed for teachers and administrators in school setting</p>	<p>No professional training in mental health required.</p> <p>Must be trained and certified in the Survival Skills Curriculum, which includes a 4-day training, hands-on practice and demonstration.</p> <p>Family Wellness Associates, Inc. trains school personnel, teachers, ministers, mental health and employee assistance workers, and others interested in assisting families. Training offered at annual Smart Marriages Conference and across the country, as scheduled on website.</p> <p>Costs for training: contact developer</p>	<p>Practical and research-based program developed in 1980 by George Doub, Virginia Scott, and Florence Creighton.</p> <p>Research suggests positive effects on communication, perceived relationship quality, cohesiveness, adaptability, and problem-solving skills 6 months after program.</p>
Better Together	An adaptation of Family Wellness to meet the needs of low-income, cohabiting parents	<p>In addition to the Family Wellness content, Better Together provides additional topics that are relevant to low-income, unmarried couples.</p> <p>Course content is presented in a concrete, practical approach.</p>	Curriculum is presented during eight sessions.		Developed by Judy Charlick and Sandra Bender of the Cleveland Marriage Coalition.

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For low-income individuals, couples, and families</i>					
<p>Loving Couples, Loving Children</p> <p>1730 Minor Avenue #950 Seattle, WA 98101 202-624-4220</p> <p><a href="mailto:info@lclconline.org">info@lclconline.org</a></p> <p><a href="http://lclconline.org">http://lclconline.org</a></p>	<p>Low -income couples expecting the birth of a child; separate curricula available for unmarried and married couples</p>	<p>Based on the Bringing Home Baby curriculum.</p> <p>Each workshop focuses on an over-arching content area, and includes:</p> <ul style="list-style-type: none"> <li>-A video presentation (talk show) that features racially and ethnically diverse low-income couples discussing relationship issues.</li> <li>-A short group discussion related to the video presentation</li> <li>-A presentation by the facilitator of research-based information, in an easy to understand format</li> <li>-Concrete skill building exercises</li> </ul>	<p>44-hour program, taught in approximately eighteen 2.5-hour sessions.</p> <p>Groups of 4-6 couples.</p>	<p>Group leaders should hold a masters degree and have experience working with groups or couples.</p> <p>Group leaders complete 40 hours (5 days) of training.</p> <p>The cost to provide Loving Couples, Loving Children varies depending upon the number of group leaders being trained, the number of couples participating, and the support package developed.</p> <p>In order to be trained in Loving Couples, Loving Children, prospective group leaders must be affiliated with an organization.</p> <p>Costs for training: contact developer</p>	<p>Developed by Drs. John and Julie Gottman.</p> <p>Curriculum was field tested with low-income couples in numerous cities. It is currently being evaluated as part of the Building Strong Families project.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For low-income individuals, couples, and families</i>					
<p>Within My Reach™  <a href="http://www.withinmyreach.com">http://www.withinmyreach.com</a></p> <p>Contact:            Lawrence Ramos  <a href="mailto:lawrence@prepinc.com">lawrence@prepinc.com</a> for program information.</p>	<p><b>Low Income Individuals:</b>            Intended for individuals that may or may not currently be in a committed relationship. Especially tailored for those who have struggled with economic disadvantage.</p> <p>Despite its intended target population, many elements of the program are appropriate for various groups of adults who are attending a marriage or relationship education class without a partner.</p> <p><b>Setting:</b> Within My Reach would typically be taught by front line providers in the Health Department, Extension Services, and Department of Human Services (TANF class related). Community Colleges.</p>	<p>Within My Reach is a relationship skills and decision making program for helping individuals achieve their goals in relationships, family, and marriage.</p> <p><b>Purpose:</b> The curriculum is designed to improve the chances for participants to attain relationship success for themselves and their children by:</p> <ol style="list-style-type: none"> <li>1) Helping those in viable relationships to cultivate, protect, and stabilize their unions.</li> <li>2) Helping those in damaging relationships to leave safely, and/or</li> <li>3) Helping those desiring a romantic relationship to choose future partners wisely.</li> </ol> <p>The two fundamental premises of WMR are that people have aspirations for happy relationships often expressed in the desire for lifelong marital love, and that one's love life is not neutral.</p>	<p>15 one-hour topics with additional ancillary modules.</p> <ol style="list-style-type: none"> <li>1) The State of Relationships Today</li> <li>2) Healthy Relationships: What They Are and What They Aren't</li> <li>3) Sliding Vs Deciding</li> <li>4) Smart Love</li> <li>5) Knowing Yourself First</li> <li>6) Making your own decisions</li> <li>7) Dangerous Patterns in Relationships</li> <li>8) Where Conflict Begins</li> <li>9) Smart Communication</li> <li>10) The Speaker-Listener Technique</li> <li>11) Infidelity, Distrust, and Forgiveness</li> <li>12) Commitment: Why it Matters to Adults and Children</li> <li>13) Stepfamilies and the Significance of Fathers</li> <li>14) Making the Tough Decisions</li> <li>15) Reaching Into Your Future</li> </ol>	<p>No Professional training in mental health required.</p> <p>Must be trained in Within My Reach to offer workshops &amp; implement materials.</p> <p>Training offered at the annual Smart Marriages conference and at various sites around the country. Will travel to your site.</p> <p>Within My Reach Instructor trainings are 3 days in length.</p> <p>Within My Reach Instructors are able to use the curriculum with their target audiences, they are not allowed to train other Within My Reach instructors.</p> <p>Costs for training and materials: see website or contact developer</p>	<p>Includes core strategies from PREP® as well as Marlene Pearson's insights &amp; strategies based on years of work with young adults about relationship risks, and Dr. Scott Stanley &amp; Galena Kline's intensive research in fragile families and couple development.</p> <p>Many consultants in the areas of domestic violence, respect, and family dynamics of poverty have lent their expertise to the curriculum.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For couples considering divorce</i>					
Focused Thinking Mediation®  <a href="http://www.beyondwinwin.com/">http://www.beyondwinwin.com/</a>	Couples beginning formal divorce proceedings.	Conflict resolution skills.  Non-religious.	Meet with trained mediator for as long as it takes to resolve issues.	No professional training in mental health required.  To date, have trained "hundreds" of professionals in law, psychology, education, social work, and mediation.  Training offered at annual Smart Marriages Conference.	Developed and revised since 1985 by Stan Posthumus, J.D., MSW. Since 2000, heavily used in Michigan courts.
IMAGO® (see above)					
PAIRS® (see above)					
The Third Option® <a href="http://www.thethirdoption.com">www.thethirdoption.com</a>  Contact: Patricia Ennis at 315-472-6728 or at <a href="mailto:pat@thethirdoption.com">pat@thethirdoption.com</a>	Originally designed to provide a "third" option to troubled marriages-- Option 1=endure a troubled marriage, Option 2= divorce, Option 3= working it out. However, it is suitable for all married couples. Relevant components have been used (on a limited scale) as marriage preparation.	Fostering mutual respect, responsibility, emotional security, and trust. Addresses family-of-origin issues, personality differences, expectations, power, control, anger, and hurt. Teaches communication (listening, speaking) and conflict resolution skills, forgiveness. Topics discussed on a continuum; balance theme emphasizes the healthy middle choice, "third option", rather than unhealthy extremes (e.g., assertive, rather than passive or aggressive) Developed in Judeo-Christian tradition and is non-denominational. Prayer and references to God can be omitted if used with secular audience.	Program offered over the course of fourteen, 2-hour sessions: 1 <sup>st</sup> hour = orientation for new members and support group for returning members; 2 <sup>nd</sup> hour = workshop and presentation by mentor couples who themselves have overcome marital problems. On-going (rather than one-time) program.	No professional training in mental health required. "Project Coordinator" should be organized, mentally and emotionally healthy, good with people-- especially in group settings. Project Coordinator recruits, trains, and schedules volunteers to present program. Manual-driven; no training in curriculum necessary, though Pat Ennis can provide telephone consultation or in-service training.  Costs for training: contact developer  Training offered at annual Smart Marriages Conference.  Offered throughout the nation in churches and with The Salvation Army.	Developed by Pat Ennis, MSW, CSW, in 1987 at Family Life Education, Roman Catholic Diocese of Syracuse. Worksheets also available in Spanish. Manual available only to non-profits.

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For remarried couples</i>					
<p>Smart Steps Program®  <a href="http://www.saafamily.org/education/reviews/200103.htm">http://www.saafamily.org/education/reviews/200103.htm</a></p> <p>Contact: Claudia Dougherty (Stepfamily Association of America) at 800-735-0329.</p>	<p>Remarried or partnering couples and their children.</p>	<p>Provides information and skills necessary for healthy relationships (marital, parenting) in stepfamilies, which includes recognizing stepfamily myths, navigating the emotional journey, strengthening the couple connection, understanding the children, and working across households.</p> <p>Non-religious.</p>	<p>12 hour, 6-week program is designed to involve parents and children ages 6-16 living in stepfamilies. Lessons are interactive and involve media, group discussion and hands-on activities and exercises. Adults and children attend separate (concurrent) sessions, coming together for a family activity at the end of each session.</p>	<p>No professional training in mental health required.</p> <p>Suitable for use by individuals, social agencies, churches, and employee assistance programs.</p> <p>Training offered at annual Smart Marriages Conference.</p> <p>Costs for training: contact developer</p>	<p>New in 2002; replaces previous Stepping Together program. Research-based curriculum developed by Francesca Adler-Baeder in collaboration with the Stepfamily Association of America and Cornell (NY) Cooperative Extension.</p>
<i>For first-time parents</i>					
<p>Becoming Parents Program™  <a href="http://www.becomingparents.com">http://www.becomingparents.com</a></p> <p>Contact: Pamela Jordan, PhD, RN at <a href="mailto:pjordan@becomingparents.com">pjordan@becomingparents.com</a></p>	<p>Designed for use with first time expectant parents. Can be adapted and used with married or partnered couples diverse in age (including adolescent parents), race/ethnicity, educational level, and socioeconomic status who are becoming parents for the first time through birth, adoption, foster parenting. Can also be adapted and used with couples expecting subsequent children.</p>	<p>Includes as its foundation PREP, adapted to transition to parenthood, as well as elements of SAVE (Stop Anger and Violence Escalation) and DCCP (Domestic Conflict Containment Program) which focus on managing stress and anger and preventing physical violence. Additional components are self care (e.g., finding and maintaining your self, creating a healthy lifestyle, managing fatigue, creating a support network, negotiating who does what) and relating to the baby.</p> <p>Please note: BPP does not teach infant care which is usually interpreted as diapering, bathing, and feeding.</p>	<p>27-hour program for couples with 21 hours of class during pregnancy, and two 3-hour 'booster sessions' when the baby is 6 weeks and 6 months old. Series of brief lectures, videos, group discussions and exercises, and individual and couple homework exercises.</p>	<p>No professional training in mental health required. Trainings are offered periodically. Check the BPP website for dates and locations.</p> <p>Costs for training: contact developer</p>	<p>Research-based curriculum developed in the early 1990s by Pam Jordan, PhD, RN. Infant care, fatherhood components, and violence prevention components added and follow-up extended per participant feedback.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
<p>The Art of Loving Well®--A Character Education Curriculum for Today's Teenager  <a href="http://www.bu.edu/sed/lovingwell">www.bu.edu/sed/lovingwell</a>  <a href="http://www.buildingrelationships.org/">http://www.buildingrelationships.org/</a>  <a href="http://www.dibblefund.org/resources.htm">http://www.dibblefund.org/resources.htm</a>            Contact: Nancy McLaren at 617-353-4088 or at <a href="mailto:mclaren@massed.net">mclaren@massed.net</a> or <a href="mailto:nmclaren@bu.edu">nmclaren@bu.edu</a></p>	<p>Originally designed for 8<sup>th</sup> grade English or health classes, can be used with 7<sup>th</sup> - 12<sup>th</sup> graders in a wide variety of home, school, community settings.</p>	<p>Uses classic and contemporary literature (short stories, poems, essays, drama, folk tales, and myths) to foster the social and emotional skills essential to healthy friendships and marriages.</p> <p>Promotes self-control and abstinence (but is not sexually explicit) while providing communication and conflict-resolution skills.</p> <p>Themes include "early loves and losses," "romance," and "commitment and marriage."</p> <p>Non-religious.</p>	<p>Designed for use in English or health classes, can also be used in other classroom settings. Students read on own, and selections are read aloud in class (especially with students with low reading levels).</p>	<p>No professional training in mental health required.</p> <p>Manual-driven; no training in curriculum necessary.</p> <p>Program overview offered at annual Smart Marriages Conference.</p> <p>Curriculum in use in 47 states and Canada.</p>	<p>Developed in 1988 by collaborators at Boston University's School of Education and College of Communication. This "literature-based character education" curriculum was pilot tested for 4 years in 3 states with 10,000 youth with funding by the Office of Adolescent Pregnancy Programs in the US DHHS.</p> <p>Random assignment evaluation found more responsible attitudes and behaviors and a 3 times greater likelihood of delaying onset of sexual activity among program group.</p>
<p>Building Relationships: Developing Skills for Life®  <a href="http://www.lifeinnovations.com">www.lifeinnovations.com</a></p>	<p>Youth, ages 13-18.</p>	<p>Based on the PREPARE/ENRICH categories, focuses on important relationship areas including assertiveness, communication (active listening; expressing oneself through verbal &amp; nonverbal communication), constructive conflict resolution, family of origin, finances, roles, and values and beliefs, defining and taking steps to reach goals</p>		<p>Used in churches and 500 schools, mainly in Utah and Minnesota.</p> <p>Costs for training: contact developer</p>	<p>Developed by Dr. David Olson.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
<p>Connections: Dating and Emotions™  <a href="http://www.buildingrelationships.org/">http://www.buildingrelationships.org/</a>  <a href="http://www.dibblefund.org/resources.htm">http://www.dibblefund.org/resources.htm</a></p> <p>Contact: Kay Reed at 510-528-7975 and at <a href="mailto:Kayreed@dibblefund.org">Kayreed@dibblefund.org</a></p>	<p>Youth, ages 13-17-year-old (grades 8-12)</p>	<p>How relationships develop, effective ways to communicate, spotting destructive patterns, dealing with emotions and other essential interpersonal skills.</p> <p>Recently integrated PREP® communication skills into curriculum.</p> <p>Appropriate for use in schools, youth groups, and youth organizations.</p> <p>Non-religious though can be adapted by churches and synagogues to include religious references and themes.</p> <p>Sample lesson plans available at:  <a href="http://www.dibblefund.org/Documents/CDE-SL25.pdf">http://www.dibblefund.org/Documents/CDE-SL25.pdf</a></p>	<p>The 15 one-hour lessons are divided into four units:  1. Getting ready  2. Going out  3. Defining the relationship  4. Starting over</p> <p>The 4 units can be taught separately (integrated with other classes) or sequentially, taught daily over a three-week period.</p>	<p>No professional training in mental health required.</p> <p>Manual-driven; no training in curriculum necessary.</p> <p>Program overview offered at annual Smart Marriages Conference.</p> <p>Char Kamper and Kay Reed available to train, if desired.</p> <p>It can be taught, with a minimum of special preparation, by teachers, youth workers, and counselors.</p> <p>Along with the Relationships and Marriage program, used in over 45 states, in hundreds of locations and with over 20,000 youth.</p> <p>Costs for training: contact developer</p>	<p>Designed by Charlene Kamper, M.A., CFLE; published by the Dibble Fund for Marriage Education since 2000.</p> <p>Evaluation results suggest that the curriculum helps students to: resist sexual pressure, decrease negative behaviors, improve attitudes about positive relationship formation.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
<p>Connections: Relationships and Marriage™  <a href="http://www.buildingrelationships.org/">http://www.buildingrelationships.org/</a>  <a href="http://www.dibblefund.org/resources.htm">http://www.dibblefund.org/resources.htm</a></p> <p>Contact: Kay Reed at 510-528-7975 and at <a href="mailto:Kayreed@dibblefund.org">Kayreed@dibblefund.org</a></p>	<p>Youths/young adults, ages 16-20 (grades 11-12)</p>	<p>Self awareness, understanding relationships, communications, and conflict. The Marriage Game.</p> <p>Recently integrated PREP® communication skills into curriculum.</p> <p>Uses Kiersey Temperament Sorter</p> <p>Non-religious though can be adapted by churches and synagogues to include religious references and themes.</p> <p>Sample lessons plans available at:  <a href="http://www.dibblefund.org/Documents/CP-SL25.pdf">http://www.dibblefund.org/Documents/CP-SL25.pdf</a></p>	<p>The 15 one-hour lessons are divided into four units:</p> <ol style="list-style-type: none"> <li>1. Personality</li> <li>2. Relationships</li> <li>3. Communication and Conflict Resolution</li> <li>4. Marriage</li> </ol> <p>The 4 units can be taught separately (integrated with other classes) or sequentially, taught daily over a three-week period.</p>	<p>No professional training in mental health required.</p> <p>Manual-driven; no training in curriculum necessary.</p> <p>Program overview provided offered at annual Smart Marriages Conference.</p> <p>Char Kamper and Kay Reed available to train, if desired.</p> <p>It can be taught, with little special preparation, by teachers, youth workers, and counselors.</p> <p>Along with the Dating and Emotions program, used in over 45 states, in hundreds of locations and with over 20,000 youth.</p> <p>Costs for training: contact developer</p>	<p>Designed by Charlene Kamper, M.A., CFLE; published by the Dibble Fund for Marriage Education since 1996.</p> <p>Research at U. of S. Dakota suggests effective in reducing peer-to-peer physical violence; holds promise as a pregnancy prevention program; increases communication between parents and teens; teens who complete program report greater confidence in ability to have and sustain a healthy marriage, especially children of divorce.</p> <p>Evaluation results suggest that the Connections is an "effective curriculum in impacting students' knowledge, attitudes and actual behavior".</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
CORE COMMUNICATION®	See description under "For Low-Income Couples," above.)	See above See description under "For Low-Income Couples," above.)	See description under "For Low-Income Couples," above.)	See description under "For Low-Income Couples," above.	See description under "For Low-Income Couples," above.)

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
<p>PAIRS for PEERS® (Practical Exercises for Enhancing Relationship Skills) <a href="http://www.peers4youth.org">http://www.peers4youth.org</a></p> <p>Contact: Ellen Purcell, Exec. Dir, 888-485-7080 or at <a href="mailto:epairs@aol.com">epairs@aol.com</a></p>	<p>Youth, ages 7 to 18, regardless of socioeconomic, religious, or ethnic background.</p>	<p>Goal is emotional literacy and fostering empathy and healthy relationships, through teaching communication, conflict management, and anger management skills.</p> <p>Address the "Six Pillars of Character": trustworthiness, respect, responsibility, fairness, caring, citizenship.</p> <p>Three "units" taught sequentially: The "Basic 10" focuses on communication and conflict resolution and is aimed at elementary to 11<sup>th</sup> graders.</p> <p>The "Advanced 10" focuses on an understanding of self and others and is aimed at 10<sup>th</sup> -11<sup>th</sup> graders.</p> <p>The "Enrichment 10" addresses more complex topics and is aimed at 11<sup>th</sup> - 12<sup>th</sup> graders.</p>	<p>Brief lectures, role-play, interactive exercises, peer coaching, imagery and journaling, group discussion.</p> <p>10 lessons/11 hours in each unit, each lesson is 50-90 minutes and can be taught independently or sequentially.</p> <p>26 lessons for high schools (20, if middle school) over 2 semesters (or one semester, if double-session classes)</p> <p>"The Family Experience" model is a 5-hour program attended by both parents and children.</p> <p>Can be adapted for use in after-school programs, clubs, and church-based settings.</p>	<p>Providers must have teaching or counseling credentials.</p> <p>Trainers must attend a 4- day intensive experiential training preparation, and/or participation in a full semester PAIRS class or an intensive PAIRS course with a PAIRS master teacher or trainer with individual mentoring supervision from the master teacher or trainer in conducting a student class.</p> <p>Costs for training: contact developer</p> <p>PAIRS requires providers (or their employers) to carry liability insurance.</p> <p>Provider training offered at annual Smart Marriages Conference. (PAIRS prefers that teachers of longer programs be mental health professionals.) See website for other training opportunities. Some PAIRS trainers will travel to provide in-service training.</p> <p>No list of providers on website.</p>	<p>Pre-/post- and post-only evaluations of PAIRS for PEERS support group format (meeting 1 hr/week for 10 weeks) by Loyola Univ. social work students finds improved anger management, improved communication, improved family relationships, and an increased ability to express one's feeling, according to participant self-reports.</p> <p>Meets FL marriage education requirement.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
Partners: Developing Healthy Peer Relationships @ <a href="http://www.abanet.org/family/partners">www.abanet.org/family/partners</a>  Contact: <a href="mailto:familylaw@abanet.org">familylaw@abanet.org</a>	Youth in grades 9-12	Teaches about the legal system as it affects marriage, family, and children. Blends family law and relationship skills, it emphasizes divorce prevention by showing how marital dissolution affects the couple and their children.  The program uses 10 chapters and 5 relationship exercises from PAIRS for PEERS.  (Does not discuss values, sex, or religion.)	Each of the five teaching videos presents one aspect of family law and one communication skill.  10-week program, 50-minute classroom lessons.	Taught by divorce lawyers, whose law firm donates \$400 to "sponsor" the program at an individual school ("the ABA FLS Adopt-A-School Program").  Used in 100 schools in 35 States.  Sample curriculum available on website.  Costs for training: contact developer	Developed in 1994 by Lynne Z. Gold-Bikin of the Family Law Section of the American Bar Association.

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>For youth</i>					
<p>RQ: Building Relationship Intelligence®  <a href="http://www.freeteens.org/curric_intro.html">http://www.freeteens.org/curric_intro.html</a></p> <p>Contact: Richard Panzer,  800-221-6116 or at  <a href="mailto:CentEdMedia@aol.com">CentEdMedia@aol.com</a></p>	<p>Teenaged youth.</p>	<p>Friendship, family, stages of intimacy and love, male/female differences, dealing with anger and other emotions, core identity, communication skills, the benefits and pitfalls of marriage, and understanding and mastering the culture.</p> <p>Draws on S. Covey's framework in <u>7 Habits of Highly Effective People</u>.</p> <p>Non-religious.</p>	<p>17 lessons in a 4-part curriculum: Family Relationships, Personal Leadership, Interpersonal Relationships, and Community Leadership.</p> <p>4 appendixes: Adolescent Development; STDs; "Safe Sex?", Minding Your Digital Diet</p> <p>Includes a responsible fatherhood component.</p> <p>Uses "self-inventory" exercises, journaling; draws upon classic and contemporary writings including E. B. White, Tolstoy, O'Henry, and Stephen Covey, contemporary songs, and letters to Ann Landers.</p> <p>See website for more information on participant materials</p>	<p>No professional training in mental health required.</p> <p>Must contact Free Teens USA to find out about training. Program overview presented at annual Smart Marriages conference</p> <p>Curriculum outline available free online.</p> <p>More than 3,000 teachers, community leaders, concerned parents, college, and high school students in 38 states and 70 countries have received training and/or this program.</p> <p>Costs for training: contact developer</p>	<p>Designed as in-depth companion to <i>Free Teens</i> abstinence-centered HIV/AIDS, STDs, and pregnancy prevention program.</p> <p>Pre-/post- evaluations conducted by NJ Dept of Health in 2000 and 2002 show an increase in abstinence-related attitudes (e.g., "I plan to be abstinent when I date") and knowledge (e.g., "Using alcohol or drugs will increase your chance of being sexually active")</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>Faith-based</i>					
<p>Catholic Engaged Encounter (CEE)  <a href="http://www.engagedencounter.org/">http://www.engagedencounter.org/</a>                      Contact: United States National Executive Team:                      Jim &amp; Sandy Dyk                      804.320.8289  <a href="mailto:JFredDyk@attbi.com">JFredDyk@attbi.com</a>                      Father Joseph M. "Jay" Biber                      804.598.3754  <a href="mailto:SJN_POWVA@Juno.com">SJN_POWVA@Juno.com</a></p>	<p>Premarital (engaged) couples.</p>	<p>Compatibility inventory (typically FOCCUS) is administered; couples talk privately about their goals, family finances, sex, children, and their role in the church and society.</p> <p>[FOCCUS, though encouraged by many dioceses, is not necessarily part of the weekend.]</p> <p>Religious, largely Catholic.</p>	<p>CEE is offered in a weekend retreat format, most frequently with two overnights in a retreat atmosphere.</p> <p>Two couples and a Catholic priest lead the retreat and encourage the engaged couples to examine their own relationship. The format includes questions for individuals to answer privately and time for couples to discuss their thoughts with each other. Writing and couple dialogue are central parts of the weekend.</p>	<p>CEE team must be trained in CEE, which is typically a one-day training. Training must be overseen by a Catholic priest.</p>	<p>Sponsored by the Catholic Church, though couples of any denomination can attend.</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>Faith-based</i>					
<p>Marriage Savers®  <a href="http://www.marriagesavers.org/">http://www.marriagesavers.org/</a>            Contact: Mike and Harriet McManus, at 301-469-5873 or <a href="mailto:MichaelJMcManus@cs.com">MichaelJMcManus@cs.com</a></p>	<p>Pre-marital couples; existing marriages in the congregation; troubled marriages; separated couples; stepfamilies; and any couples seeking help from churches or synagogues.</p> <p>Target Congregations: Marriage Savers has organized the clergy in over 200 communities in Community Marriage Policies" in which an effort is made to involve Evangelical, Mainline Protestant, Catholic and minority pastors in forging a commitment to take steps together to make marriage a priority in their congregations. They agree to require at least four months of marriage preparation in which couples meet with "Mentor Couples" to take a premarital inventory and exercises to improve communication and conflict resolution skills. Clergy agree to hold at least an annual retreat to strengthen existing marriages; to train couples whose marriages nearly failed; to work with couples in crisis; to reconcile the separated; and to help step-families to succeed. The signing of a Community Marriage Policy is held in a public setting to maximize press coverage.</p>	<p>(1) Coalition of community churches signs a Community Marriage Policy.</p> <p>(2) Mentor couples trained to provide FOCCUS to pre-marital couples; RE-FOCCUS to married couples; peer ministry (mentoring) to all couples; "Reconciling God's Way" for couples where only one person wants to save the marriage; a "Marriage Ministry" of "back-from-the-brink" couples who mentor those in crisis; and a Stepfamily Support Group to help parents of children from a previous marriage be successful.</p> <p>(3) Church officials trained in "How to create a Marriage Savers congregation," including encouraging churches to work with pre-engaged couples and cohabiting couples, to offer at least 2 activities per year for happily married couples.</p> <p>Religious, largely Christian.</p>	<p>Mentoring couples are trained to help other couples prepare for a life-long marriage, strengthen all existing ones, and restore troubled marriages. Training is provided by Mike and Harriet McManus and Regional Directors of Marriage Savers.</p>	<p>12 hour training of mentor couples by Mike and Harriet McManus.</p> <p>See website for training opportunities.</p> <p>Costs for training: contact developer</p>	<p>Research by the Institute for Research and Evaluation finds significant drops in the average divorce rate, and typically lower divorce rates in CMP communities compared to communities without a CMP (see Birch, Weed &amp; Olsen (2004). Assessing the Impact of Community Marriage Policies® on County Divorce Rates. <i>Family Relations</i>, 53(5).)</p>

PROGRAM	TARGET POPULATION	CONTENT	FORMAT	PROVIDERS/TRAINING	COMMENTS
<i>Faith-based</i>					
Retrouvaille <a href="http://www.retrouvaille.org/index.html">http://www.retrouvaille.org/index.html</a>	Married Catholic couples (but open to married couples of other faiths) who are experiencing serious problems in their marriage, including alcoholism, gambling, and violence.	Weekend session focuses on communication and self and relationship awareness.  Post-weekend session support groups discuss the concepts of listening and intimacy.	A live-in weekend and post weekend program. In-depth presentations (given by one of three married couples and a priest focus on a specific area of a marriage relationship), followed by self-reflection and discussion with spouse in private.	Website has list of providers.	Began in 1977 as a French language weekend for hurting marriages. Later adapted for English speaking audiences. Introduced in the United States in 1982 and began to be presented internationally in 1991.
The Third Option® (see above)					

## RELATIONSHIP INVENTORIES

INVENTORY	TARGET POPULATION	WHAT'S MEASURED	FORMAT	WHAT'S PRODUCED	COMMENTS
Facilitating Open Couple Communication, Understanding, and Study (FOCCUS) ®  <a href="http://www.csme.catholic.org.au/foccus.html">http://www.csme.catholic.org.au/foccus.html</a>  REFOCCUS  Bridges	Premarital couples  Remarried couples  Premarital or married couples	19 categories, including communication, finances, sexuality, dual careers, domestic violence, challenges for interfaith couples, family-of-origin patterns, understanding of individual and couple spirituality.	Individuals agree or disagree with 189 statements.  Not available free on-line.	A couple profile, which can be compared to the 50 "patterns" of couples' relationships.  Costs for training: contact developer	Four versions of FOCCUS: General, Christian Non-Denominational, Catholic, and Alternate.  Bridges is a research-based tool to help dating, engaged and married couples integrate spirituality and/or religion as strength in their marriage.
Jung Marriage Test® <a href="http://www.humanmetrics.com/infomate/InfoMatePass.asp">http://www.humanmetrics.com/infomate/InfoMatePass.asp</a>	Couples	Taps four dimensions of personality reflecting the preferred means of receiving information, perceiving information, and processing information, and making decisions:  1. Extroversion/expressive vs. Introversion/reserved  2. Sensing/observant vs. Intuition/introspective  3. Thinking vs. Feeling  4. Judging/scheduling vs. Perceiving/probing	Individual responds "yes" or "no" to statements designed to tap these four dimensions of personality.  <i>Examples:</i> "You believe the best decision is one which can be easily changed" "You trust reason rather than feelings" "You value justice higher than mercy"  Individuals receive a score (0-100) on each dimension indicating the strength of their predisposition on that dimension.  72 items; about 10-15 minutes to complete (available for free on-line).	Based on these scores, individual is classified into one of the 16 personality "types".  For descriptions of each personality type, visit:  <a href="http://keirsesey.com/personality/">http://keirsesey.com/personality/</a>  and  <a href="http://typellogic.com/">http://typellogic.com/</a>  Costs for training: contact developer	Based on the Jung - Myers-Briggs approach to personality; gives a quantitative measure ("match index") of partners' compatibility.  Answering "no" sometimes results in a double-negative, which might be confusing to some.

INVENTORY	TARGET POPULATION	WHAT'S MEASURED	FORMAT	WHAT'S PRODUCED	COMMENTS
Pre-Marital Inventory (PMI) ®  <a href="http://www.intercomp.ub.com">http://www.intercomp.ub.com</a>  Re-marital Inventory (RMI)  Validating Marriage Inventory (VMI)	Premarital couples  Remarrying couples  Designed as a tool for marriage validations, checkups, counseling, annulments, or for cohabiting couples	Role expectations, interpersonal communication, religion and philosophy, marriage expectations and family issues, finances, children, sexuality.	Individuals indicate whether they agree, disagree, or are unsure about items listed in inventory.  PMI-170 items RMI-174 items VMI-132 items  Not available free on-line.  Available in English and Spanish.	Partners' scores compared to each other and to responses most often given by other couples who've taken the inventory.  Costs for training: contact developer	No training needed to administer. Can also be used <i>without</i> a counselor and otherwise outside the context of a marriage education program. Accessible online for a small fee.
PREPARE®  ENRICH®  PREPARE-CC®  PREPARE-MC®  MATE®  <a href="http://www.lifeinnovation.com/">http://www.lifeinnovation.com/</a>	Premarital couples  Married couples  Cohabiting couples with/without children  Premarital couples with children  Couples over age 50	Individuals' values, beliefs, and perceptions of partner relating to such topics as communications, conflict resolution, finances, family of origin, and sexuality.	Individuals agree or disagree with statements such as:  "I am concerned that my future spouse sometimes spends money foolishly"  "My future spouse and I have discussed the number of children we want."  165 items.	A 15-page computer-generated report that places the participants in four categories from least satisfied to most satisfied with the relationship. Couple and counselor review report together.  Costs for training: contact developer	

INVENTORY	TARGET POPULATION	WHAT'S MEASURED	FORMAT	WHAT'S PRODUCED	COMMENTS
<p>Relationship Evaluation Questionnaire (RELATE) ®</p> <p><a href="https://www.relate-institute.org">https://www.relate-institute.org</a></p> <p>RELATE-Remarriage</p> <p>READY</p>	<p>Individuals or couples in a committed relationship (e.g., engaged, married, seriously dating, or cohabiting)</p> <p>Remarrying couples</p> <p>Singles contemplating their readiness for a future relationship</p>	<p><b>RELATE and RELATE-Remarriage:</b> Individuals rate themselves <i>and</i> their partners on personality, values; and relationship behavior. Individuals also report on their own family background and family-of-origin experiences.</p> <p>Interpersonal communication; assesses a couple's level of skill at managing conflict and building consensus; aims to determine how characteristics such as family-of-origin, childhood relationships, and personality traits affect marital relationships.</p> <p><b>RELATE-Remarriage:</b> In addition to the elements contained in RELATE, RELATE-Remarriage contains questions specifically related to remarriage issues.</p> <p><b>READY:</b> Contains items measuring eight areas of personality; reflections on attitudes toward roles, sex, children, religion, childhood and family experiences, relationship style, and overall relationship readiness.</p>	<p><b>RELATE and RELATE-Remarriage:</b> On personality items, individuals rate how often adjectives such as "considerate," "lose temper" pertain to them (and their partner).</p> <p>On values/attitudes/beliefs items, individuals rate how strongly they agree with such statements as "Being married is among the one or two most important things in life" and "I plan to earn an income that makes my family financially well off."</p> <p><b>READY:</b> Similar in format to RELATE, but covers premarital factors that are predictive of later marital quality.</p> <p><b>RELATE:</b> 276 items, approx. 60 minutes to complete.</p> <p><b>RELATE-Remarriage:</b> Same as RELATE, but with another 30+ items on remarriage issues.</p> <p><b>READY:</b> 172 items, approx. 25 minutes to complete.</p> <p>Tests can be taken on-line, but must purchase report of results.</p>	<p><b>RELATE and RELATE-Remarriage:</b> Report that compares each partner's responses and indicates items of congruence and incongruence of perceptions.</p> <p><b>READY:</b> Report provides a personalized summary that rates the individual's relationship readiness and identifies suggestions and resources for improvement.</p> <p>Like the PRI (above), couples/individuals can take RELATE, RELATE-Remarriage, and READY on their own (online) and review results.</p> <p>Costs for training: contact developer</p>	<p>Updated to reflect newest research on marriage.</p> <p>No training needed to administer. Can also be used <i>without</i> a counselor and otherwise outside the context of a marriage education program. Accessible online for a small fee.</p>