



Basic Training for Couples

This is a marriage education curriculum designed to meet the needs of the Black community. It can be used with couples interested in marriage, engaged, married and those in love and trouble. It is an eight session curriculum designed to help couples accomplish the following:

- Increase their awareness of the benefits of marriage
- Improve their communication skills
- Improve their ability to manage conflict
- Increase their commitment to the relationship leading to marital stability

Each session includes assignments, homework, weekly affirmations and new habits to learn. It is interactive, male friendly, lots of fun and hard work.

The sessions for Basic Training for Couples are as follows:

Why Marriage?

From I to We: The Sweetness of Surrender

Communication: Getting Your Message Understood

Conflict Management

Lets Make Love

From Yours and Mine to Ours

Keeping the F.I.R.E. Burning

From This Day Forward: Forever and For Keeps

Basic Training for Couples is designed to be used by a male and female facilitator. We suggest using it in a group setting and but it can also be used by couples in the comfort of their home. Clergy are also using it in premarital couples counseling. We offer a two-day facilitator training to help communities develop the skills and resources to empower the couples they serve. In addition to the facilitator training we also offer technical assistance to maintain the skill level and confidence of each facilitator. We also bring the experience of the program being done in various cities around the country such as Washington, DC with the East Capital Center for Change. They received a Children's Bureau grant and are using Basic Training for Couples. We also have Basic Training for Singles, Basic Training for Men and Basic Training for Women. These new programs are in great demand to meet the needs of the Black community.

Authors: Nisa Muhammad and Dr. Rozario Slack

Marriage is not THE answer to the social ills of our community, but it is a part of THE answer. Black Marriage Publications Inc. is a non profit organization dedicated to producing resources to serve the marriage education needs of the Black community.