

GETTING INVOLVED

To become a Prepare Enrich facilitator you must attend a **one day Training Workshop**. Through talks and small group work you will cover:

- Background on Prepare/Enrich and the research base for the programme, giving you confidence in the rigour of the approach
- A detailed run through of the facilitator report, based on couple answers, which will help you focus on key areas
- An understanding of how to use elements of the report, covering personality, couple agreement and family of origin
- An opportunity to experience using the materials with couples
- Practical guidance in implementing the Prepare/Enrich programme
- Awareness of the supporting exercises, which help couples apply their learning
- Information on support and development



Training days are run across the country, and can also be arranged at the request of a number of people from one organisation or geographical area. Contact the Prepare Enrich office for more information.

The course fee* includes all the materials needed to use Prepare Enrich effectively with couples plus a complimentary scoring credit.

* See our website or ring us for current rates

IS IT FOR ME?

Users of Prepare Enrich assessments include:

- Church leaders and marriage support workers
- Members of marriage preparation teams
- Social and Health workers
- Couple and Family Counsellors, Therapists and Mediators

Some comments:

"Data collected and presented in the Facilitator Report in one hour is equivalent to several hours of skilled questioning by a highly trained Counsellor."

"The Report was an uncannily accurate portrayal of our relationship."

FIND OUT MORE

For more information about Prepare Enrich, see:

UK site: www.prepare-enrich.co.uk

US site: www.prepare-enrich.com

or contact the UK office.

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www.prepare-enrich.co.uk

Working with couples?

Are you involved in marriage preparation, building couple relationships or supporting couples in crisis?



Help both yourself and your couples by using

PREPARE/ENRICH
COUPLE ASSESSMENTS

These Psychometric Marital Inventories are "the world's most widely used and effective tool in this sphere...."

ABOUT PREPARE ENRICH

PREPARE/ENRICH is an online **customized couple assessment** that identifies a couple's strength and growth areas. It is one of the most widely used programmes for pre-marriage education and counselling. But there are also customized versions of the inventory used for marriage counselling, marriage enrichment, and dating couples considering engagement. Based on a couple's assessment report, feedback sessions with a facilitator help the couple discuss and understand their relationship as they are taught proven couple skills.



The programme helps couples:

- Explore strength and growth areas
- Strengthen communication skills
- Identify and manage major stressors
- Resolve conflict
- Develop a more balanced relationship
- Explore family of origin issues
- Discuss financial planning and budgeting
- Establish personal, couple and family goals
- Understand and appreciate personality differences

HELPING YOU

The Prepare Enrich assessment offers a research-based structure for working with couples, to help **you** to help **them** grow in their relationship.

The report produced from the assessment summarises **background** information, aspects of **personality**, and the way the couple perceive their **relationship** in a number of different areas. There are also suggestions and exercises to use in your feedback sessions with them. Your personal qualities, qualifications and experience can be used efficiently and effectively to meet the needs of each couple, whatever their circumstances.



HELPING COUPLES

The starting point becomes the couple and their unique relationship: the online assessments help identify **strengths and growth areas** within a comprehensive framework.

Just answering the questions starts some couples talking with each other on topics not discussed before. Supporting exercises help develop skills for the future, such as how to deal more effectively with differences in perspective. The Couple Workbook contains these exercises and other useful material, so they can re-visit topics in the future.

FREQUENTLY ASKED QUESTIONS

What about support?

Administrative support and publicity materials are available through the Prepare Enrich UK office. They also arrange opportunities to meet up with other facilitators for skill sharing and development.

As some couples may need counselling, it is envisaged that all facilitators who are not able to offer this themselves will be able to make a referral; the support of a team is strongly recommended.



Can I use it with groups?

If you are working with groups of couples, the Growing Together course provides an alternative feedback structure for you to use.



What do I need?

The requirements for using the online system are reasonably basic – access to the internet, an email address and printing facilities.



I'd prefer working with paper....

Paper versions of the inventories are available. Although a little less flexible than the online version they still cover the majority of couple circumstances. Contact the Prepare Enrich UK office if you would like to know more about this.