

+Prepare/Enrich

The goal of **Prepare/Enrich** is to help build strong marriages. It can be used as a valuable resource for both pre-marital and married couples, as well as couples who are experiencing conflict in their marriage.

There are 6 goals and core exercises of **Prepare/Enrich**:

1. Explore strength and growth areas
2. Strengthen communication skills
3. Identify and manage major stressors
4. Resolve conflicts using Ten Step Model
5. Develop a more balanced relationship using the Couple/Family Maps
6. Understand personality differences and maximize teamwork

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

Two components of **Prepare/Enrich** are:

- ✚ Online couple assessment
- ✚ Feedback & teaching relationship skills

All 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

The ten core scales that assess a couple's relationship health are:

1. Idealistic Distortion
2. Communication
3. Conflict Resolution
4. Partner Styles and Habits
6. Leisure Activities
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7. Sexuality and Affection
8. Family and Friends
9. Relationship Roles
10. Spiritual Beliefs

SCOPE Personality Profile (based on Five Factor Model):

- ✚ Social
- ✚ Change
- ✚ Organized
- ✚ Pleasing
- ✚ Emotionally Steady

Relationship Dynamics:

- ✚ Assertiveness
- ✚ Self-confidence
- ✚ Avoidance

Partner Dominance