

PREPARE  ENRICH[®]

Facilitator Certification Workshop

Overview

Access Video: <https://videos.files.wordpress.com/ngYRvp9t/peworkshop-for-facilitators-2022-video-overview.mp4>

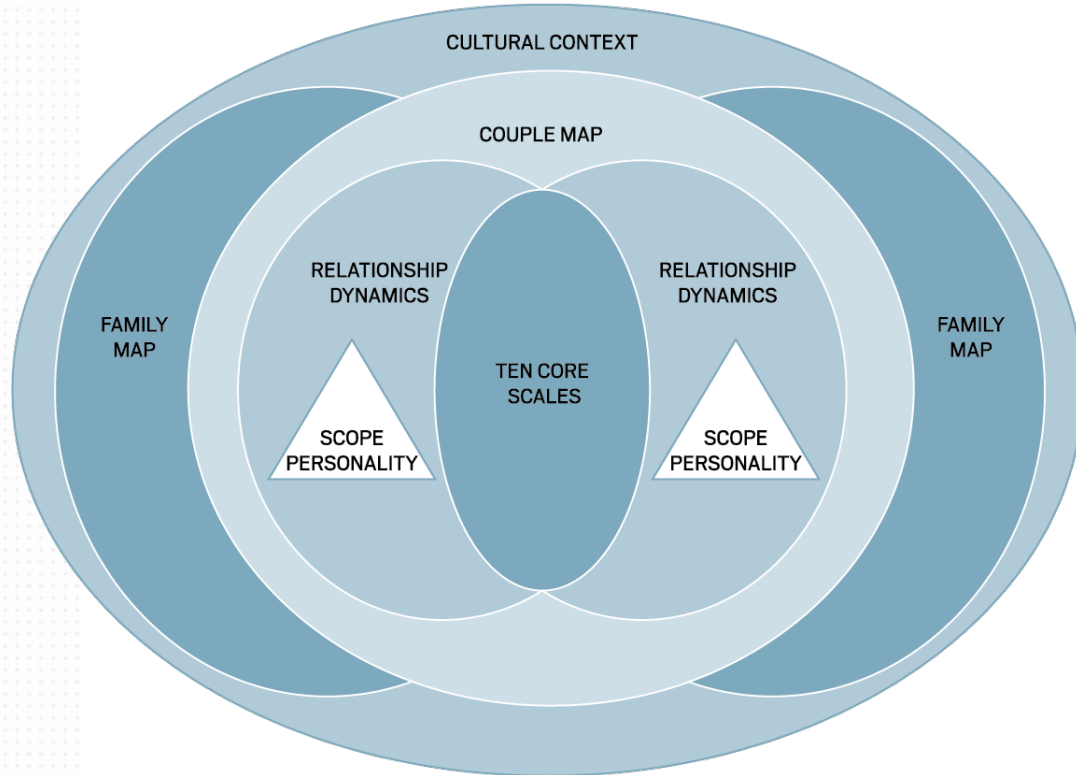
1 OVERVIEW OF THE PREPARE/ENRICH PROGRAM



Training Manual, pages 1-5

- Goals of Training
 - For Facilitators
 - For Couples
- Foundation of PREPARE/ENRICH
 - Assessment
 - Feedback and teaching relationship skills
 - Strong research background

Systemic Components



Facilitator's Report

- Ten Core Scales
- SCOPE Personality Profile
- Relationship Dynamics
- Couple Map and Family Map
- Personal Stress Profile
- Satisfaction, Commitment and Abuse
- Customized Scales

Benefits of Assessment

- To Couples
- To Facilitators

2 ONLINE ADMINISTRATION OF PREPARE/ENRICH



Training Manual, pages 6-7

- Online administration
- Information needed to set up a couple

Online Administration of PREPARE/ENRICH



Online Administration

Access Video: https://videos.files.wordpress.com/fhamXBVq/pe-workshop-for-facilitators-2022-video-online_administration.mp4

Online

- Customized?
- Keeping things consistent
- Reports comparison
- Separate Emails
- Never, never, ever, give couples Facilitators Report

Questions and Reactions

- Participant Discussion
 - Do you have any questions about administration?
- Review
 - What information do you need to gather from a couple so you can “Add” them for online administration?

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FACILITATOR'S REPORT AND GIVING FEEDBACK



Training Manual, pages 8-10

- Facilitator Report
- Facilitator Feedback Guide
- Couple Report
- Workbook for Couples

Facilitator's Report

- Review Facilitator Report
 - Table of Contents
 - Background Information
- Participant Discussion
 - Based on the background information, what are some potential strengths and/or issues for this couple?

4 COUPLE TYPOLOGY AND STRENGTH/GROWTH AREAS

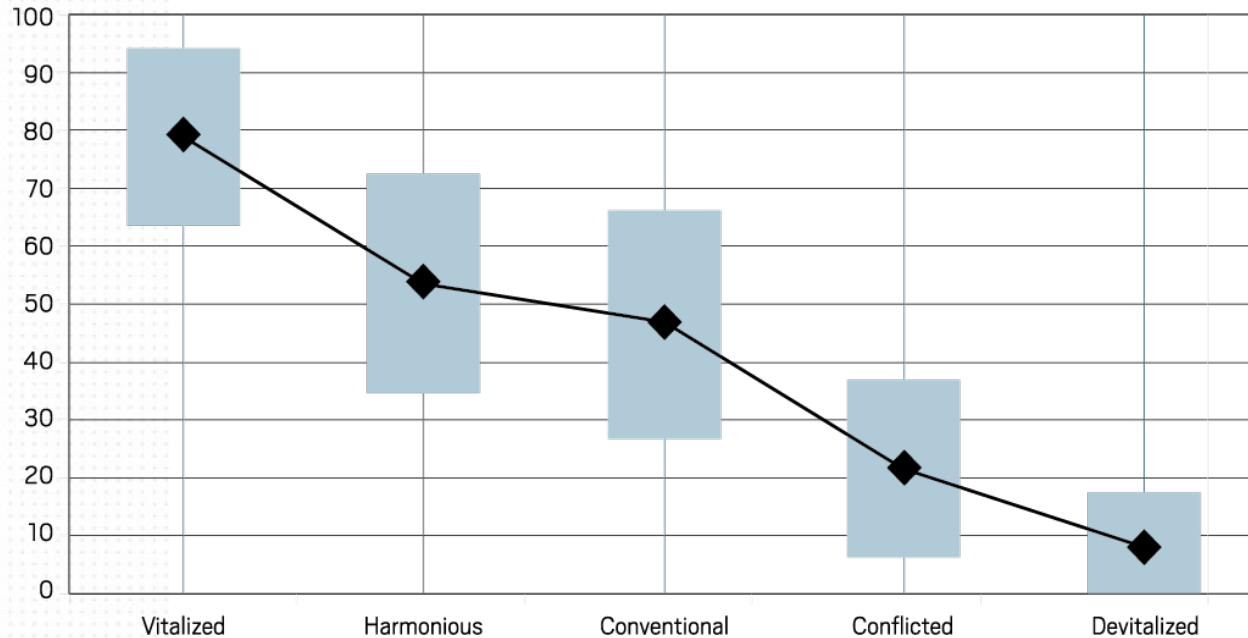


Training Manual, pages 11-15

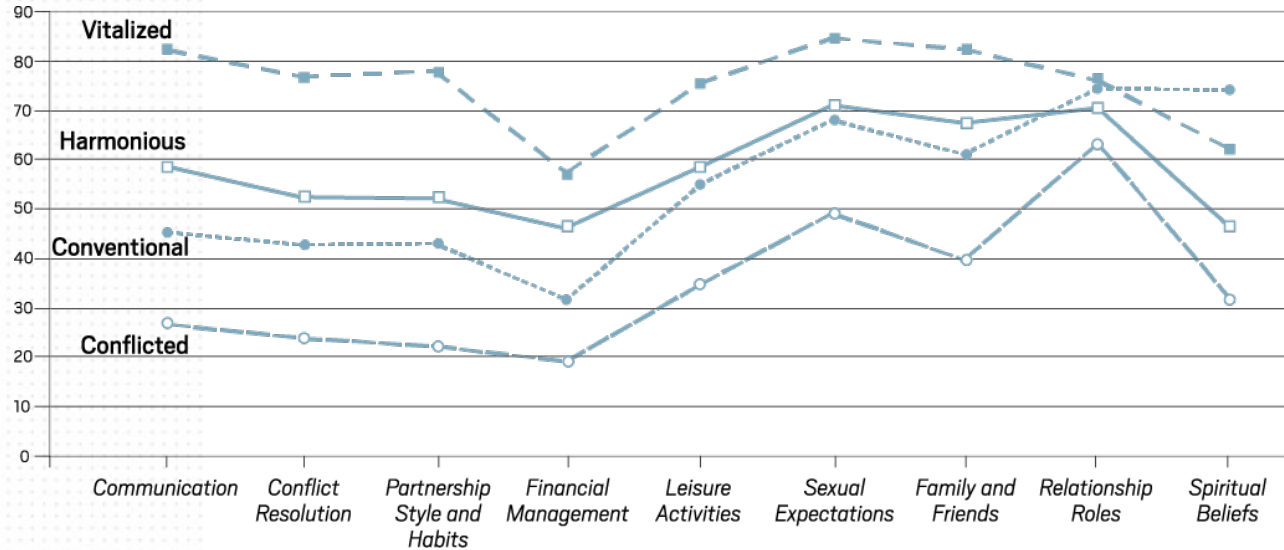
- Couple Types
- Summary of Strength and Growth Areas

Couple Types & Couple Satisfaction

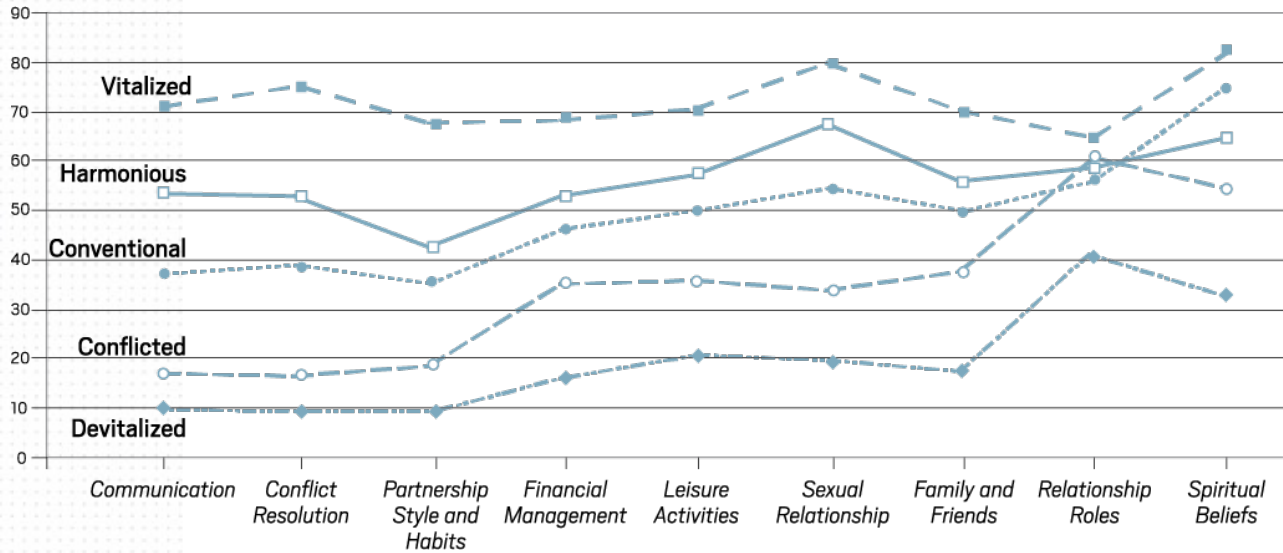
Mean and Range for PCA Scores



Four Types of Premarital Couples



Five Types of Married Couples



Strength & Growth Areas

- Sample Facilitator Report, page 4
 - Couple Typology (based on core scales)
 - Strength and Growth Areas
- Workbook for Couples, page 6
 - Sharing Strength and Growth Areas

Couple Typology: Strength & Growth Areas



Couple Typology

Access Video: https://videos.files.wordpress.com/ktpe6NGk/pe-workshop-for-facilitators-2022-video-strength_and_growth_areas.mp4

Questions or Reactions?

- Participant Discussion
 - What is the value of this exercise?
- Review
 - What Couple Type only occurs with married couples?
 - What are some of the major differences between Couple Types?

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SATISFACTION, DISTORTION, AND DYNAMICS

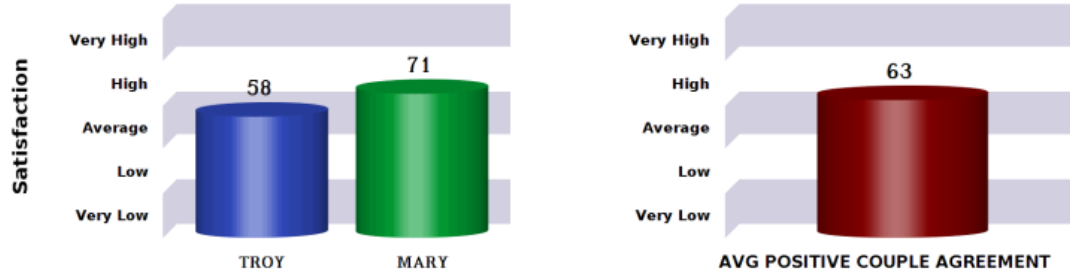


Training Manual, pages 16-20

- Overall Satisfaction
- Idealistic Distortion
- Relationship Dynamics

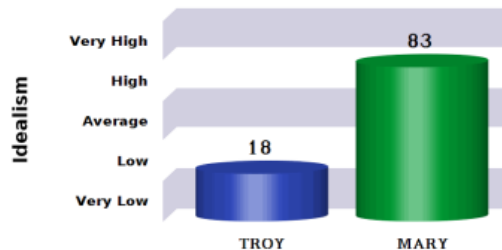
Overall Satisfaction

The graphs below plot the **Overall Satisfaction** for each individual and the couple based on the Core Scales.



Idealistic Distortion

Idealistic Distortion measures the extent to which a person distorts their relationship in a positive direction.



Troy is generally realistic and open to admitting limitations or problems in their relationship.

Mary is often idealistic about their relationship and may tend to deny or minimize problems.

Interpretation of Idealism

A high score (above 65%) indicates that a person describes their relationship in an overly positive manner and sees it through "rose colored" glasses. A lower score (below 40%) indicates a more realistic approach to describing the relationship.

Revised Individual Scores

In order to provide more accurate individual scores for each category, each person's Individual Scores are corrected based on how high their score is on Idealistic Distortion. Revised Individual scores are graphed and defined in many of the following relationship categories.

Strongly Disagree
1

Disagree
2

Undecided
3

Agree
4

Strongly Agree
5

Troy

Mary

Idealistic Distortion Items

4	4	Every new thing I have learned about my partner has pleased me.
4	5	I have never regretted my relationship with my partner.
4	5	My partner always gives me the love and affection I need.
2	4	My partner and I understand each other completely.
2	4	My partner completely understands and sympathizes with my every mood.
4	5	My partner has all the qualities I've always wanted in a mate.
2	4	We are as happy as any couple could possibly be.

Relationship Dynamics



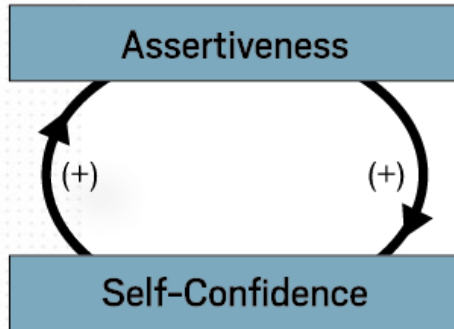
Relationship Dynamics



Relationship Dynamics

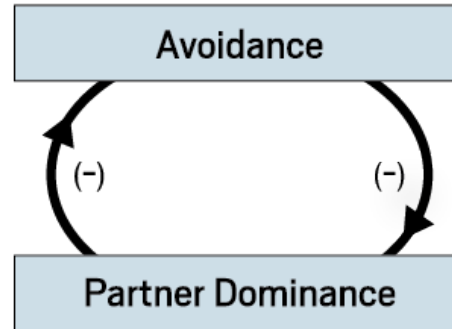
Positive Cycles

Goal is to strengthen the positive cycle.



Negative Cycles

Goal is to reduce the negative cycle.



Creating a Wish List Exercise



Creating a Wish List

Access Video: https://videos.files.wordpress.com/uSLaOZnQ/pe-workshop-for-facilitators-2022-video-creating_a_wishlist.mp4

Questions or Reactions?

- Participant Discussion

- What is the value of this exercise?



- Review

- How do the positive and negative cycles apply to this couple?

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STANDARD REPORT PAGES

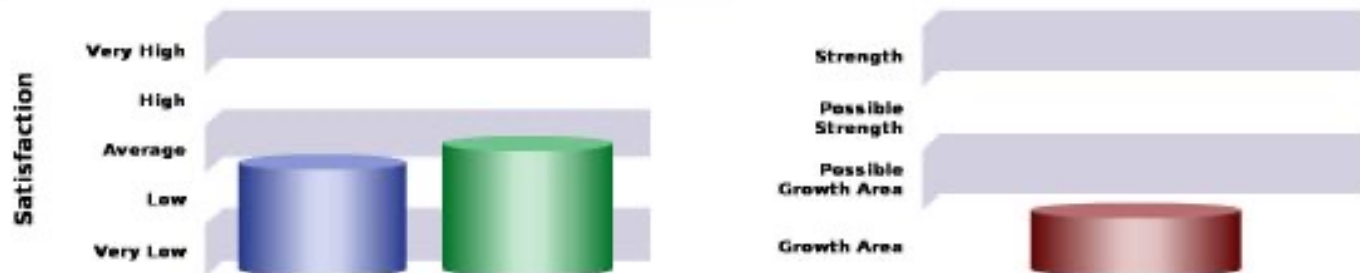


Training Manual, pages 25-28

- Six Components
- Couple's Responses
- Balancing Feedback
- Ten Steps for Resolving Conflict

Communication

The **Communication** category measures how couples feel about the quality and quantity of communication in their relationship. It explores how they share feelings, understand, and listen to one another.



Financial Management

Troy

Mary

Positive Couple Agreement (30%)

2

2

- I am concerned that my partner is more of a spender than I am.

2

2

- I have some concerns about whether our income will be sufficient.

4

4

+ We usually agree on how to spend money.

Disagreement (30%)

4

2

- Sometimes I wish my partner were more careful about spending money.

1

3

+ We have a specific plan for how much money we can spend each month.

4

2

+ We have figured out what our financial status will be after we marry.

Indecision (20%)

2

3

- Even after marriage, we plan on keeping our finances separate.

4

3

+ I am satisfied with our decisions about how much money we should save.

Special Focus (20%)

4

4

- One or both of us have unpaid bills or debts that concern me.

4

4

- We haven't decided how to handle our finances yet.



Identifying Most Critical Issues Exercise



Access Video: <https://videos.files.wordpress.com/mosDSYz0/pe-workshop-for-facilitators-2022-video-identifying-top-stressors-living-situation.mp4>



Ten Steps to Resolving Conflict



Access Video: https://videos.files.wordpress.com/JdSjP1ht/peworkshop-for-facilitators-2022-video-10_steps.mp4



Questions or Reactions?

- Participant Discussion
 - Which of the 10 Steps is most important?
- Review
 - What does a “special focus” area mean?



Training Manual, pages 29-33

- Closeness
- Flexibility
- Balanced and Dynamic

Couple & Family Maps



Mapping Your Relationship - Birthdays

Access Video: https://videos.files.wordpress.com/9qcodITW/peworkshop-for-facilitators-2022-video-mapping_your_relationship.mp4

Couple and Family Maps

Access Video: https://videos.files.wordpress.com/zuCKnvRS/peworkshop-for-facilitators-2022-video-couple_and_family_maps.mp4

Questions or Reactions?

- Participant Discussion

- What is the value of this exercise?

- Review

- In what ways have you seen the concept of “balance” contributing to health in terms of “closeness”? What about “flexibility”?

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SCOPE PERSONALITY PROFILE



Training Manual, pages 34-36

- SCOPE
- Giving Feedback

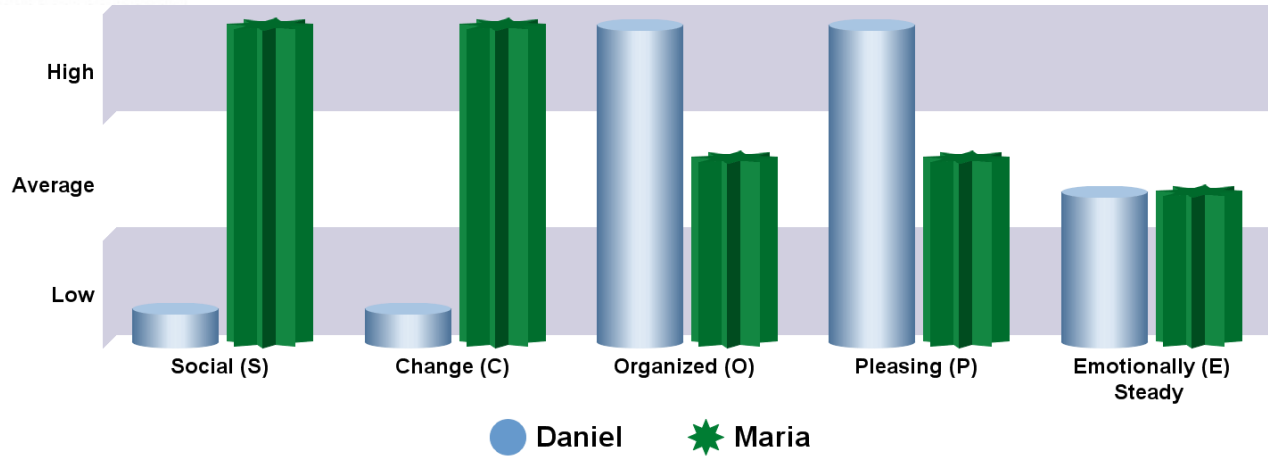
Scope Out Your Personality Exercise



SCOPE Out Personality

Access Video: https://videos.files.wordpress.com/Rg0O9cEn/peworkshop-for-facilitators-2022-video-scope_personality_profile.mp4

SCOPE Personality Scales



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WORKING WITH STEPFAMILIES



Training Manual, pages 37-38

- Challenges
- Tips

Stepfamilies Exercise



Questions or Reactions?

- Participant Discussion
 - What are some unique challenges that stepfamily couples face?
- Review
 - What are key goals for couples forming a stepfamily?

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CONFLICTED AND DEVITALIZED COUPLES



Training Manual, pages 39-41

- Guidelines
- Difficult Issues
- Recommended Exercises

Conflicted / Devitalized Couples

Access Video: https://videos.files.wordpress.com/qRsz8wrZ/peworkshop-for-facilitators-2022-video-feedback_with_a_conflicted_couple.mp4



Questions or Reactions?

- Participant Discussion

- How comfortable do you feel working with distressed couples? When would you make a referral and to whom?

- Review

- What are some specific ways you can focus on strengths when working with conflicted or devitalized couples?

12 NEXT STEPS



Training Manual, pages 42-43

- Experience the Assessment
- Specialized Versions
- Group Program
- Marriage Mentor Program
- Review resources on the P/E website
- Keep your profile updated

Next Steps

Access Video: https://videos.files.wordpress.com/9Jf3li8n/peworkshop-for-facilitators-2022-video-next_steps.mp4

Specialized Versions

Your P/E Certification includes access to:

- **P/E Checkup**, a shorter version of the P/E assessment with one report for the Facilitator and the Couple
- **Parenting version** which explores parenting styles, and parenting stress and communication satisfaction by child
- **Pre-Adoption/Pre-Foster Care version**, which includes adoption/foster care expectations and parenting issues/ considerations (contact customer service to activate this version in your account)

More information at:

www.prepare-enrich.com or 800-331-1661

Group Program

- Online Materials Include:
 - An Instructor's Guide outlining teaching points, couple exercises and group discussion questions
- Group Edition Couple's Report
- Flexible options with a variety of couples

Marriage Mentor Program

- A powerful tool in couple ministry and outreach
- Can be tailored to fit the needs of your congregation or group
- Marriage mentor couples trained and supervised by a certified Facilitator
- Marriage Mentor Manual and Training Guides are available for purchase

Reminders

- Please turn in your
 - Blue Registration Card
 - Evaluation Form
- Remember to use your free scoring
 - Free scorings expires in 1 year

*Thank you for building
stronger marriages and
healthy relationships!*

www.prepare-enrich.com