

# If you want to help couples, let PREPARE/ENRICH help you.

Since 1985, we've trained over 8,000 facilitators who have helped couples grow their relationships and solidify their marriages using our powerful tools.



How do you stimulate the right kind of conversation with couples?

What types of issues should a couple focus on?

What materials allow couples to get the most from their time and effort?

## **PREPARE/ENRICH provides all you need to help couples thrive.**

### **WITH PREPARE/ENRICH YOU'LL HELP COUPLES:**

- Explore strength and growth areas
- Strengthen communication skills
- Identify and manage major stressors
- Resolve conflicts using the 10 Step Model
- Develop a more balanced relationship using the Couple and Family Maps
- Understand personality differences

## **The Training you need.**

With PREPARE/ENRICH, you'll get certification training on the program, providing you with the skills you need to use the PREPARE/ENRICH materials most effectively.

### **YOU'LL LEARN HOW TO:**

- Administer the online assessment
- Interpret couples' reports
- Provide useful feedback to couples
- Guide couples' exercises
- Teach relationship skills
- Work more effectively with couples



## To build better relationships, you need the right tool.

### PREPARE/ENRICH RESOURCE KIT

PREPARE/ENRICH is an online customized assessment that identifies each couple's unique strength and growth areas. As a trained facilitator, you will be empowered to help couples understand their results and learn important relationship skills.

### NEW ONLINE CUSTOMIZED INVENTORY

Introduced in 2009, the customized couple inventory will enhance your ability to work with premarital and married couples. The assessment is tailor-made to each couple based on the stage & structure of their relationship.

## Our New Customized Version:

### Saves Time

- Couples take the assessment online and after the assessment is complete, you can access the results within minutes

### Provides a Road Map for counseling

- Facilitator's Report: 18 – 22 pages
- Couple's Report: 10 pages

### Offers expanded Assessment Scales

- Built-in personality and stress assessments, and a commitment section

### Is offered in multiple languages

### Accommodates different learning styles

- Reports are presented in both graph and narrative formats

## Get trained today. Help couples tomorrow.

You can become a certified PREPARE/ENRICH facilitator in one of two ways:

### ATTEND A ONE-DAY WORKSHOP IN YOUR AREA

One-day workshops are scheduled throughout the year across Canada.

Or

### SELF TRAIN

The self training package is easy to use and allows you to go at your own pace and easily review materials at any time.

It includes:

- 2 DVDs of demonstration – Dr. David Olson, Dr. Peter Larson and Dr. Matthew Turvey present both lectures and counseling sessions, demonstrating clinically useful couple exercises.



Both training options include all the materials you'll need to get started with the PREPARE/ENRICH program as well as a complimentary online scoring credit.

To find a training session near you or to register to self-train, visit [www.enrichcanada.ca/counselors/training/](http://www.enrichcanada.ca/counselors/training/)

**Earn 7 Continuing Education Credits (CE)**

To order, go to [www.enrichcanada.ca](http://www.enrichcanada.ca) or  
contact us for more details. 1-888-973-3650.



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