

Facilitator's Feedback Guide

Goals of PREPARE/ENRICH

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

Providing Feedback

- ◆ The first four sessions cover the goals of PREPARE/ENRICH. If time permits, offer additional sessions on other topics. We have provided a 4-8 session format.
- ◆ For each session, give the couple specific feedback from their results using your Facilitator Report. Give couples balanced feedback about their strengths (agreement items) but also potential issues (disagreement, indecision, and special focus items). Next, lead the couple through the exercises from the Workbook for Couples.

Reports

- ◆ The Facilitator Report is for P/E Certified Facilitators or trained mentor couples. It is not to be given to the couple.
- ◆ The Couple Report is a way for Facilitators to give the assessment results to the couple. Facilitators may give the report one page at a time (corresponding with their sessions), all at once, or not at all. We recommend doing the Sharing Strength & Growth Areas Exercise before giving couples their report.

Workbook for Couples

- ◆ When providing feedback to a couple, each partner should have their own copy of the workbook or a copy of the selected exercises being covered in the session. Print pages from the PDF version or order workbooks from the P/E store.

Homework

- ◆ Homework using the couple exercises from the Workbook for Couples should be assigned each session. Homework can be done on a current topic or one you will address in the next session. Couples should be encouraged to discuss and/or practice the skills they covered in each session.
- ◆ Take approximately 5-10 minutes at the beginning of each session to talk with the couple about their homework experience and answer any new questions that have arisen. It is often helpful to repeat/review certain concepts and skills.

**The first four sessions cover the goals of PREPARE/ENRICH.
This guide may be adapted based on the couple, time, and your counseling skills.**

Session (60-90 min.)	Report Topics	Workbook for Couples	Homework
1	Strength & Growth Areas Relationship Dynamics Communication	<ul style="list-style-type: none"> ◆ Couple Typology ◆ Relationship Dynamics ◆ Communication 	<ul style="list-style-type: none"> ◆ Sharing Strength and Growth Areas ◆ Assertiveness & Active Listening ◆ Creating a Wish List
2	Personal Stress Profile Conflict Resolution	<ul style="list-style-type: none"> ◆ Personal Stress Profile ◆ Conflict Resolution 	<ul style="list-style-type: none"> ◆ Identifying the Most Critical Issues ◆ 10 Steps for Conflict Resolution
3	Couple Map Family Map	<ul style="list-style-type: none"> ◆ Couple Map ◆ Family Map 	<ul style="list-style-type: none"> ◆ Mapping Your Relationship
4	SCOPE Personality Goals – Relationship	<ul style="list-style-type: none"> ◆ SCOPE Personality Profile 	<ul style="list-style-type: none"> ◆ SCOPE Out Your Personality ◆ Goals
5	Financial Management Relationship Roles	<ul style="list-style-type: none"> ◆ Financial Management ◆ Relationship Roles 	<ul style="list-style-type: none"> ◆ Financial Goals ◆ Sharing Roles
6	Sex and Affection Leisure Activities	<ul style="list-style-type: none"> ◆ Sexual Relationship/Expectations ◆ Leisure Activities 	<ul style="list-style-type: none"> ◆ Sex and Affection ◆ Leisure Activities
7	Children and Parenting Spiritual Beliefs	<ul style="list-style-type: none"> ◆ Children/Parenting ◆ Spiritual Beliefs 	<ul style="list-style-type: none"> ◆ Children and Parenting ◆ Spiritual Beliefs
8	Review Feedback, Reflect on Growth and Finalize Goals		