

Q&A of PREPARE/ENRICH Marriage Mentoring Program

What is PREPARE/ENRICH?

PREPARE/ENRICH is a customized couple assessment completed online that identifies a couple's strength and growth areas. Based on a couple's assessment results, a trained facilitator provides 4-8 feedback sessions in which the facilitator helps the couple discuss and understand their results as they are taught proven relationship skills.

How many people have taken the PREPARE/ENRICH Program?

Over 2.5 million couples have taken the PREPARE/ENRICH Program (5 million people) since it began in 1980.

What are the major goals of the PREPARE/ENRICH Program?

There are several goals of the PREPARE/ENRICH Program. In order to achieve these goals there are exercises designed to help couples improve their relationship skills. The program helps couples:

- Explore strength and growth areas
- Strengthen communication skills
- Identify and manage major stressors
- Resolve conflict using the Ten Step Model
- 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

What relationship areas are assessed by the Inventories?

- 12 Relationship Scales — communication, conflict resolution, roles, sexuality, finances, spiritual beliefs and more
- 5 SCOPE Personality Scales
- 4 Couple and Family Scales — based on the circumplex model
- 4 Relationship Dynamic Scales
- 30 Customized Scales

Is the PREPARE/ENRICH Program valid & reliable?

An important strength of the PREPARE/ENRICH Inventories is their strong psychometric properties. High levels of reliability and validity have been found for each instrument, making them valuable tools for research as well as clinical use.

National Norms based on over 500,000 couples

High Levels of Validity and Reliability:

PREPARE has validity in that it discriminates premarital couples that get divorced from those that are happily married with about 80-85% accuracy. Reliability is high (alpha reliability of .80 - .85).

For more information about research with the PREPARE/ENRICH Inventories, view [Research Articles](#).

What is the cost of PREPARE/ENRICH?

The cost for the Inventory scoring can vary. Clergy do not always charge for their premarital or marital services, but Professional Counselors do charge for these services, so you should be sure to check with the facilitator for the final cost to you.

Who uses PREPARE/ENRICH?

The inventories have been utilized by over 75,000 trained clergy members, professional counselors, mentors, and marriage educators throughout the U.S.

Over 2.5 million couples have taken a PREPARE/ENRICH inventory and worked through their results under the guidance of one of our trained facilitators.

Find a trained PREPARE/ENRICH Facilitator in their area?

Couples should first check with their Church, Synagogue or Professional Counselor to see if they are already using the PREPARE/ENRICH Program.

If you are unable to locate a PREPARE/ENRICH facilitator on your own, you can [find a facilitator](#) on our website by searching by zip code or state.

How does clergy, marriage mentors, or marriage educator get trained to use PREPARE/ENRICH?

Facilitators must attend one of our PREPARE/ENRICH Workshops held throughout the country. The 1-day training includes all the materials you will need to get started using PREPARE/ENRICH in your community, as well as a complimentary online scoring credit. The average price of a workshop is \$175 and they are usually about 7 hours in length.

[To locate a one-day workshop in your area, please click here.](#)

How does a Professional Counselor get trained to use PREPARE/ENRICH?

Professional Counselors may either attend a one-day Workshop on PREPARE/ENRICH or purchase a Self Training Package from our office. Both the Workshop and the Self-Training package include all the materials you will need to get started, as well as a complimentary scoring credit.

[Read more about our Self-Training Program](#)

Who developed the Customized Version of PREPARE/ENRICH?

[David H. Olson, Ph.D](#)

Professor Emeritus, Family Social Science, University of Minnesota; Founder and CEO, Life Innovations; Developed ten diagnostic tools and Circumplex Model; Licensed Consulting Psychologist and Licensed Marital & Family Therapist, State of Minnesota.

[Peter J. Larson, Ph.D](#)

President, Life Innovations. Licensed Clinical Psychologist, State of Minnesota.