What Is PREP?

PREP (Prevention and Relationship Enhancement Program) is one of the most comprehensive and well respected divorce-prevention/marriage enhancing programs in the world. PREP is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other.

PREP is education, not therapy. Most of us learned to read with the help of a teacher. We took sports lessons, music lessons or at least watched a TV show on how to remodel a room. But when it comes to loving relationships, we just assume we will know how to make them work. There are no classes in school; normally, parents don't prepare their children to deal with issues that are matters of the heart; and only a few churches require pre-marital classes or counseling for couples who choose to get married. The fact is that most of us simply picked up bits and pieces of information from people who had good intentions, but perhaps lacked expertise. Worse, some passed on advice that was downright wrong!

Many of us need to improve our skills when it comes to loving the most important people in our lives. Research shows that while therapy can be extremely helpful in certain situations, much of what goes wrong in loving relationships has to do with the lack of skills and principles that foster healthy relationships.

PREP is a research-based approach to teaching couples how to solve problems, manage conflicts without damaging closeness, and preserve and enhance love, passion, commitment and friendship.

For complete information visit:
WWW.PREPINC.COM

Christian PREP

Since the seventies, Dr. Stanley envisioned a premarital/marital program founded on Christian principles and integrated with the best strategies based on sound research. Christian PREP is the fulfillment of that dream.

Christian PREP offers three-day training workshops for mental health professionals, pastors, and lay leaders interested in helping couples develop strong marriages that reflect Christ's love. Participants will learn to conduct premarital/marital Christian PREP workshops in their churches or communities. The techniques can also be used in counseling settings to counteract destructive relational patterns and help couples move confidently into the future.

The trainings are useful to both those who want to conduct PREP workshops for couples, as well as those who will utilize the strategies of PREP in counseling settings.

Workshop topics include:
- A biblical model of marriage, intimacy and barriers to oneness.
- An overview of factors shown to powerfully predict marriage quality, distress and divorce.
- Communication skills proven in research to help couples handle conflict constructively.
- A problem solving method that really works.
- A model for teaching couples to forgive.
- A cognitive framework for helping couples understand the impact of expectations.
- A framework for understanding, building, and maintaining commitment.

Cooperative Extension Education in Agriculture, Youth Development and Home Economics, Delaware State University, University of Delaware and USDA Cooperating. Dr. Kenneth W. Bell, Dean and Director. It is the policy of Delaware Cooperative Extension that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age or national origin.

When it comes to loving the important people in our lives, there is always room to learn.

**Marriage & Family Builder PREP Workshop**

Prevention and Relationship Enhancement Program

If you or someone you know is interested in PREP and would like to receive more information, Please contact:

Sandra Peterson
Family Life & Youth Development Agent
Delaware State University Cooperative Extension Office
1200 N. Dupont Highway
Dover, DE 19901

Phone 302-831-3311 or 302-857-6424
Fax 302-857-6420
Email mrspete@udel.edu

• Approaches for helping couples maintain the special blessings of marriage: friendship, fun and physical oneness.
• A discussion of the mystery of spirituality and ways to help couples attain spiritual oneness in Christian marriage.
WHO IS PREP FOR?

PREP is for couples who want to make their marriage the best it can be. It doesn't matter whether you have a newfound love, you’re gritting your teeth as your teen gets his license, or your youngest has left you with an empty nest. PREP offers you the chance to discover how to enjoy your marriage no matter where you are today or what tomorrow may bring.

- PREP couples have lower rates of premarital break-up and post-marital divorce.
- PREP couples have lower levels of negative communication and higher levels of positive communication immediately following the program, and maintain these advantages up to five years later.
- Premarital couples taking PREP classes given by clergy or lay leaders (as well as when given by university staff) communicate more positively following training, compared to couples taking more typical premarital training in their religious organizations.

The bottom line is this: The PREP program is one you can trust. As one PREP couple said, “No program is perfect, but this one is darned close!”