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Strengthening couples' relationships with education: Social policy and public health perspectives

ABSTRACT

There is some evidence that skill-based couples relationship education (CRE) enhances couples' maintenance of healthy, committed relationships. This article analyzes issues in the balancing of a limited but growing knowledge base on the effects of CRE with current social policy that is creating an impetus for widespread dissemination of CRE. It is suggested that enough is known to act now, and that by doing so, the field has a unique opportunity to substantially (and rapidly) add to the existing knowledge base. Specifically, there can be expansion of knowledge of the efficacy of CRE with diverse populations and service delivery contexts, as well as the influences on the reach of CRE to populations at high risk of future relationship difficulties. While the current article focuses on CRE, the issues discussed have relevance to warrant dissemination to many areas of family psychology intervention.

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