

PREP inc.

Successful Relationships. Successful Lives.



RESOURCE GUIDE

REVISED MARCH 2024

PREP inc.

Successful Relationships. Successful Lives.

**There are MORE STUDIES by
MORE RESEARCHERS on MORE CONTINENTS
on variations of PREP than ANY relationship
education program that has ever existed!**

EMPIRICALLY INFORMED

Studying what makes or breaks a relationship provides important clues as to what we can teach participants about successful relationships. The PREP Team bases the core strategies of our curricula solidly on the scholarly findings of marital and relationship research from around the world, including rigorous studies conducted by Drs. Markman, Stanley, and Rhoades at the University of Denver.

EMPIRICALLY TESTED

The PREP Team takes research an important step further. We've moved beyond hoping that our educational programs help participants to actually relying on empirical studies to test if our programs make a difference. We don't pretend to know everything there is to know about relationships. Nevertheless, we know of no competing program that has been tested empirically to the same degree in well-controlled, scientific investigations.

CONTINUALLY REFINED

The PREP Team works to regularly refine our strategies and materials based on ongoing research being conducted by various social scientists around the world. We also give great regard to feedback from those using our materials in the field. As research reveals more about relationships, the PREP Team incorporates the latest, most useful (and robust) findings into our program. While some of the values underlying strong, healthy relationships are timeless (e.g., respect, commitment), there is always more to learn about helping couples and individuals to become more resilient and succeed in their most important relationships.



The entire foundation of PREP, and all the adaptations of PREP curricula, are based on the goal of **PREVENTION**.

PREP originally stood for the Premarital Relationship Enhancement Program. Over the years, PREP moved to a wider focus on couples, including married couples, committed couples, couples planning marriage, as well as an increasing focus on relationship education for individuals. The acronym has remained, but with a new underlying title of **“Prevention and Relationship Education Program.”** This name pays homage to our roots in prevention and our focus on an educational model for helping both individuals and couples in their relationships.

All curricula produced by the PREP Team (whether for couples or individuals, servicemembers or civilians) have a prevention focus. The curricula are not meant as therapy or counseling, but as relationship education efforts delivered by any of several means. However, this distinction is less about whether or not those being served are low risk, higher risk, or already have significant difficulties in their relationships, and more about how they are recruited and the nature of the services provided.

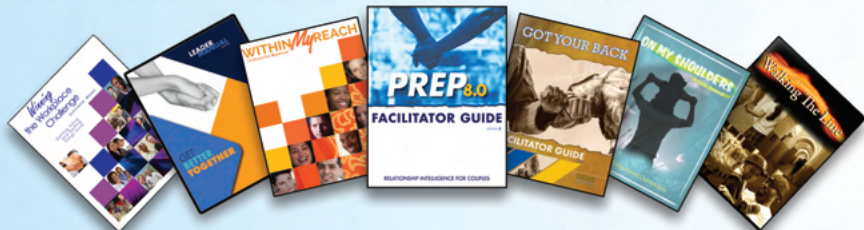
To learn more about the recruitment distinction and to gain further insights regarding PREP and prevention, we invite you to scan the QR code.





BECOME A PREP-CERTIFIED FACILITATOR

In the field of relationship education, two key factors—**training** and **support**—are linked to increased effectiveness, fidelity to a program, and lower facilitator attrition. Organizations that invest heavily in **training** and **support** for their employees tend to achieve better results. By offering the very best experiential curricula trainings, along with PREP's Tailored Technical Assistance (PTTA), the PREP Team provides those two key factors to many organizations.



FACILITATOR TRAINING OPTIONS

In-Person Facilitator Trainings: If your group is interested in hosting a training, our Senior Trainers/Instructional Designers will travel to your location to provide your team with curriculum instruction and answer questions specific to your needs. We also occasionally host trainings near our headquarters in Denver, Colorado.

Live-Virtual Facilitator Trainings: These trainings are conducted on the Zoom platform by our Senior Trainers/Instructional Designers and are engaging, with many interactive opportunities, as well as break-out groups.

On-Demand Facilitator Trainings: We offer several self-paced trainings, prerecorded by our Senior Trainers/Instructional Designers.

GET THE SUPPORT AND TECHNICAL ASSISTANCE YOU NEED!

PREP Tailored Technical Assistance (PTTA) affordably connects you and your team with our experts to improve your organization's audience-specific adaption, fidelity, and delivery of our curricula, all of which are essential to quality relationship education.

We will match you with an advisor (or you may choose the advisor you want) to work one-on-one with your team. Call us at **1-800-366-0166** for more information.

CERTIFICATION INFORMATION

Becoming a PREP-certified facilitator allows you to purchase the participant materials for that specific curriculum and allows you to facilitate that curriculum with participants. It will not, however, train you to train other facilitators. If you are interested in facilitating workshops in one of the other curricula created by the PREP Team, please reach out to us to discuss available options.



TRAIN TO BE AN EFFECTIVE FACILITATOR

Each facilitator training created by the PREP Team includes the implementation of both the content and pedagogy of the curriculum for workshop facilitation.

Senior Trainers/Instructional Designers, Lawrence Ramos, Miranda L. Egger, Ph.D., & Jeff Erlacher, will cover key components of our relationship strategies to ensure the greatest ongoing fidelity. Newly-trained facilitators will leave the training equipped to lead successful workshops. They also leave training knowing that they can be supported with **PREP Tailored Technical Assistance (PTTA)**.



Jeff Erlacher

Miranda L. Egger, Ph.D.

Lawrence Ramos

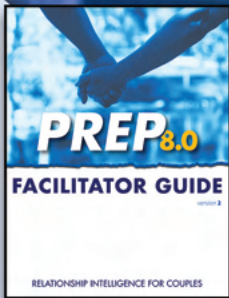
ON-DEMAND FACILITATOR TRAININGS

We have **On-Demand Facilitator Training** options available! If you want to become a PREP-certified facilitator, but you can't attend an In-Person Training or a Live-Virtual Training, this is the perfect option for you. Once you register and enroll, you will have 12 months to complete your training. You can also complete the training on your own time and schedule.

Continuing Education Credits are available for *PREP 8.0 v2.1* and *Within My Reach*.



AVAILABLE ON-DEMAND FACILITATOR TRAININGS: *PREP 8.0 v2.1*, *Get Better Together*, *Within My Reach*, *Got Your Back v5*, *On My Shoulders*, *Walking the Line*, *ePREP Coaching*, plus bonus courses



PREP 8.0

Version 2.1

Facilitator Training Options for PREP 8.0 v2.1

- In-Person Live-Virtual On-Demand

PREP 8.0 v2.1 is our evidence-based, flagship curriculum for couples, whether they are doing well, struggling, or anywhere in between. The skills taught in *PREP 8.0* help create safer, more stable relationships, and by extension, better environments for children.

DECADES OF STUDIES HAVE DEMONSTRATED POSITIVE IMPACTS ON DIMENSIONS, SUCH AS:

- Reduced risk of divorce/break-up
- Improved communication
- Improved conflict management
- Increased relationship quality
- Increased positive connection
- Reduced risk for intimate partner violence
- Reduced psychological distress

A FAVORITE PROGRAM WITH MILITARY COUPLES

CURRICULUM AT A GLANCE

PREP 8.0 v2.1 Target Audience:

General audiences comprised of couples, regardless of whether they are engaged, married, or committed in any other way
Appropriate for military couples and civilian couples

Primary Focus:

Provide evidence-based strategies to help improve relationship quality and support loving, stable couples

Targeted Outcomes/Strategies:

Communication Skills & Quality
Conflict Management Skills
Improved Relationship Quality
Friendship & Positive Bonding
Commitment Strengths
Relationship Stability

Participant Material Options:

Couple's Kits (everything needed for a couple)

Participant Guides Available: 4-unit, 6-unit, 10-unit
(10-unit guide also available in Spanish)

Individual Modules: Each unit (plus 5 ancillary units)
available in packs of 10's

COUPLES





GET BETTER TOGETHER

CURRICULUM AT A GLANCE

GBT Target Audience:

Military couples

(AVAILABLE EXCLUSIVELY TO THE NAVY & MARINES THROUGH 2024)

Primary Focus:

Provide evidence-informed strategies to help improve relationship quality and support couples in managing military-specific stressors as a team

Targeted Outcomes/Strategies:

- Communication Skills & Quality
- Conflict Management Skills
- Emotion Regulation
- Couple-Based Stress Management
- Productive Coping
- Suicide Risk Prevention
- Problematic Alcohol/Substance Use Prevention
- Aggression Management

Participant Material Options:

- Couple's Kits (everything needed for a couple)
- Participant Guides Available: 10-unit

Facilitator Training Options for Get Better Together

- In-Person
- Live-Virtual
- On-Demand

GET BETTER TOGETHER (GBT)

Discover a powerful curriculum designed by the PREP Team in collaboration with the Uniformed Services University. *GBT* empowers military couples to **navigate stress collaboratively, foster resilience, and enhance their journey as a committed team.**

While rooted in PREP's proven concepts (Communication Danger Signs, The Three Keys, and Speaker Listener Technique), *GBT* introduces fresh perspectives using novel content, such as Identifying Thinking Traps, Partner Nudges for seamless transition during challenges, reframing strategies, and more.



COUPLES



PREP[®] EN ESPAÑOL

Facilitator Training Options for PREP en Español

- In-Person Live-Virtual

PREP EN ESPAÑOL Similar to *PREP 8.0*, *PREP En Español* is a dynamic, activity-packed curriculum designed to **help Spanish-speaking couples achieve their goals in relationships, family, and marriage**. The material is designed to build on the existing strengths of the couple and add critical life and relationship skills that will help participants **create safer, more stable couple relationships**, and by extension, better environments for their children. *PREP en Español* helps participants achieve positive results, including knowledge of critical relationship skills, awareness of dangerous communication patterns, skills for healthy conflict management, and strategies for making healthy connections.

CURRICULUM AT A GLANCE

PREP en Español Target Audience:

Spanish-speaking couples, regardless of whether they are engaged, married, or committed in any other way. Appropriate for military couples and civilian couples.

Primary Focus:

Provide evidence-informed strategies to help improve relationship quality and support loving, stable couples.

Targeted Outcomes/Strategies:

Communication Skills & Quality
Conflict Management Skills
Improved Relationship Quality
Friendship & Positive Bonding
Commitment Strengths
Relationship Stability

Participant Material Options:

Couples Kits (everything needed for a couple)
Participant Guides Available: 15-unit

COUPLES





ePREP

A SELF-PACED, ONLINE PROGRAM FOR COUPLES

ePREP AT A GLANCE

ePREP Target Audience:

General audiences comprised of couples, regardless of whether they are engaged, married, or committed in any other way
Appropriate for military couples and civilian couples

Primary Focus:

Teach evidence-based skills to strengthen the good parts of a relationship, navigate current struggles, and be equipped to handle future challenges

Targeted Outcomes/Strategies:

- Communication Skills & Quality
- Conflict Management Skills
- Improved Relationship Quality
- Friendship & Positive Bonding
- Commitment Strengths
- Relationship Stability

Participant Material Options:

Couples complete the program on the online platform (It takes approximately 6-8 hours to complete the 6-unit program)

This can be a standalone program or a supplement to other curricula

ePREP is an evidence-based, online relationship program that couples complete in the comfort of their own home, on their own schedule. This program is great for all couples, whether they are doing well, struggling, or anywhere in between.

If you are part of an organization/installation or have several clients, we recommend

ePREP PLUS. Features of **ePREP PLUS**:

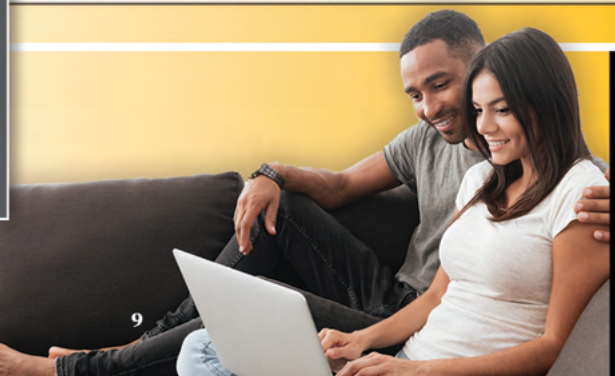
- (1) Reduced Pricing,
- (2) Trackable Progress,
- (3) Customization, and
- (4) Coaching Guide

ePREP BENEFITS INCLUDE:

(Findings from 5 Randomized Controlled Trials)

INCREASED	DECREASED
<ul style="list-style-type: none"> • Dedication • Communication quality • Trust • Relationship Satisfaction • Emotional Support 	<ul style="list-style-type: none"> • Symptoms of anxiety and depression • Problematic alcohol use • Frequency of psychological and physical aggression • Likelihood of break-up

GET MORE INFORMATION AT
LOVETAKESLEARNING.COM



COUPLES



THE PREP APPROACH IN COUPLES THERAPY

Facilitator Training Options for *The PREP Approach to Couples Therapy*

In-Person On-Demand

THE PREP APPROACH IN COUPLES THERAPY (PACT)

is an On-Demand, pre-recorded masterclass presented by internationally recognized scholars who are top experts in the relationship education field, Drs. Howard Markman, Scott Stanley, and Galena Rhoades. In this training, they teach **how to utilize PREP skills and strategies in couples therapy.**

While the PREP Approach was designed for psycho-educational programs, the key concepts are also particularly effective and simple to use in couples therapy. Skills learned in the *PACT* training will significantly augment major couples therapy approaches, including Emotion-Focused Therapy (EFT), Integrative Behavioral Couple Therapy (IBCT), and Cognitive Behavioral Couples Therapy (CBCT).

The On-Demand *PACT* training qualifies for Continuing Education Credits.

PACT AT A GLANCE

PACT Target Audience:

Therapists who work with couples or individuals about their relationships

Primary Focus:

Teach a wide variety of couple-based strategies and how to apply these concepts and skills to couples in therapy



Scott M.
Stanley, Ph.D.



Galena K.
Rhoades, Ph.D.



Howard J.
Markman, Ph.D.

For those seeking a **CHRISTIAN-BASED** and research-informed curriculum, and additional faith-based resources, scan the QR code to get more information.



ADDITIONAL PRODUCTS YOUR PARTICIPANTS/CLIENTS WILL LOVE!

(also available in Spanish)



The Speaker Listener Technique & The Three Keys.
Comes in Packages of 100's.



The Relationship Help Personality Test.
Comes in Packages of 10's.

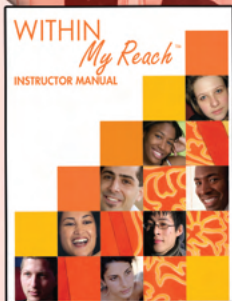


The Danger Signs & Time Out Cards.
Comes in Packages of 100's.



PREP TOOLBOX

PREP Toolbox offers access to our video collection, streamed directly to your desktop, laptop, or mobile device. A subscription to the PREP Toolbox gives facilitators, therapists, and educators the ability to use the videos online or assign any of the videos as homework. PREPToolBox.com



WITHIN *My Reach*

Facilitator Training Options for *Within My Reach*

- In-Person Live-Virtual On-Demand

WITHIN MY REACH (WMR) is an evidence-based curriculum that seeks to benefit individuals by (1) helping those in viable relationships to cultivate, protect, and stabilize their union, (2) helping those in damaging relationships to leave safely, (3) helping those who desire a romantic relationship and/or marriage in the future to choose partners wisely, and (4) empowering all participants to decide about, rather than slide through, major relationship transitions.

RIGOROUS RESEARCH HAS INDICATED THAT UPON COMPLETION OF WMR, PARTICIPANTS TEND TO EXPERIENCE:

- Improved communication
- Improved conflict management skills
- Increased knowledge about relationship skills
- Increased relationship satisfaction
- Lessened likelihood of relationship aggression

CURRICULUM AT A GLANCE

Within My Reach Target Audience:

Individuals, regardless of whether they are single, dating, in a relationship, or married

Primary Focus:

Provide evidence-based strategies to help develop a stronger and healthier self in order to strengthen relationships of all types (romantic, family, parent-child, professional)

Targeted Outcomes/Strategies:

Communication Skills & Quality
Conflict Management Skills
Healthy Relationship Decision-Making
Relationship & Family Management
Healthy Relationship Sustainment
Safe Exit Skills for Unhealthy Relationships

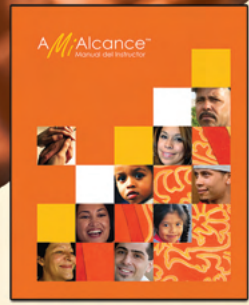
Participant Material Options:

Participant Kits (everything needed for a participant)

Participant Guides Available: 15-unit

INDIVIDUALS





A Mi Alcance

CURRICULUM AT A GLANCE

A Mi Alcance Target Audience:
Spanish-speaking individuals, regardless of whether they are single, dating, in a relationship, or married

Primary Focus:
Provide evidence-informed strategies to help develop a stronger and healthier self in order to strengthen relationships of all types (romantic, family, parent-child, professional)

Targeted Outcomes/Strategies:
Communication Skills & Quality
Conflict Management Skills
Healthy Relationship Decision-Making
Relationship & Family Management
Healthy Relationship Sustainment
Safe Exit Skills for Unhealthy Relationships

Participant Material Options:
Participant Kits (everything needed for a participant)
Participant Guides Available: 15-unit

Facilitator Training Options for A Mi Alcance

- In-Person
- Live-Virtual

A MI ALCANCE is similar to *Within My Reach*, except it's fully in Spanish. This curriculum seeks to benefit **Spanish-speaking individuals** by (1) helping those in viable relationships to cultivate, protect, and stabilize their union, (2) helping those in damaging relationships to leave safely, (3) helping those who desire a romantic relationship and/or marriage in the future to choose partners wisely, and (4) empowering all participants to decide about, rather than slide through, major relationship transitions.



INDIVIDUALS



GOT YOUR BACK v5

Facilitator Training Options for *Got Your Back*

In-Person Virtual-Live On-Demand

GOT YOUR BACK V5 (GYB v5) is a prevention-focused, relationship intelligence curriculum that equips servicemembers with **life skills, thoughtful decision-making strategies, and resilience training** to be effective and healthy in both their professional and personal lives.

GYB v5 reaches every person in the room, regardless of their relationship status.

Servicemembers can be at heightened risk for various negative outcomes and harmful behaviors due to the stress and challenges of their service. Servicemembers can benefit from prevention-focused efforts that increase the quality of their relationships and support systems.

CURRICULUM AT A GLANCE

Got Your Back Target Audience:

Individual servicemembers, regardless of whether they are single, dating, in a relationship, or married

Primary Focus:

Provide evidence-informed strategies about how to establish and maintain meaningful relationships of all types by increasing resiliency and thoughtful decision-making skills

Targeted Outcomes/Strategies:

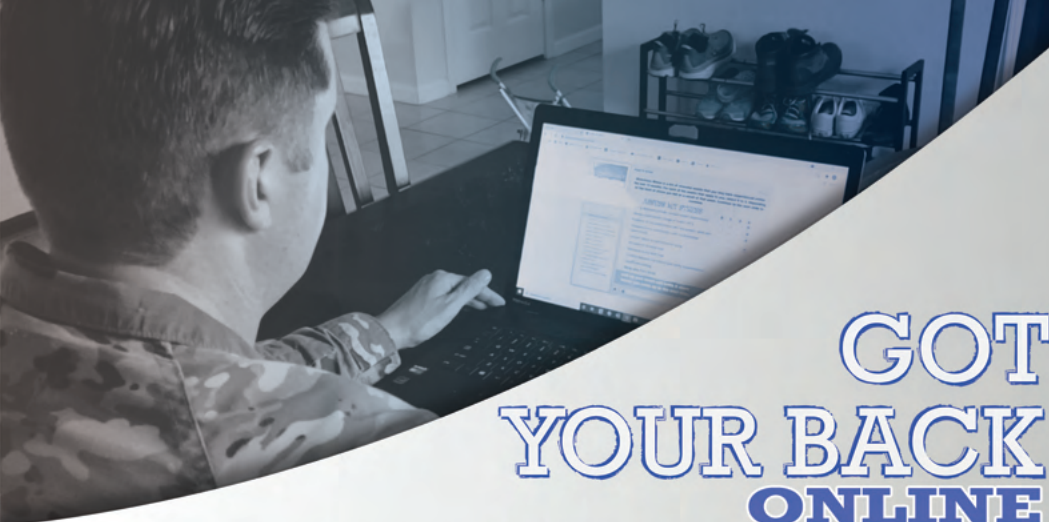
- Communication Skills & Quality
- Emotional Intelligence Advancement
- Enhanced Self-Awareness
- Anger & Stress Management
- Resilience Strengthening
- Decision-Making Skills
- Risky Behavior Mitigation

Participant Material Options:

- Participant Kits (everything needed for a participant)
- Participant Guides Available: 8-unit
- Individual Modules: Each unit available in packs of 10's



INDIVIDUALS



GOT YOUR BACK ONLINE

A SELF-PACED, ONLINE PROGRAM FOR SERVICEMEMBERS

GYB ONLINE AT A GLANCE

Got Your Back Online Target Audience:

Individual servicemembers, regardless of whether they are single, dating, in a relationship, or married

Primary Focus:

Teach evidence-informed strategies about how to establish and maintain meaningful relationships of all types by increasing resiliency and thoughtful decision-making skills

Targeted Outcomes/Strategies:

Communication Skills & Quality
Emotional Intelligence Advancement
Enhanced Self-Awareness
Anger & Stress Management
Resiliency Strengthening
Decision-Making Skills
Risky Behavior Mitigation

Participant Material Options:

Individuals complete the program on the online platform (It takes approximately 4-6 hours to complete the 11-unit program)

This can be a standalone program or a supplement to other curricula

OUR MOST INTERACTIVE AND ENGAGING ONLINE PROGRAM YET!

Individuals, regardless of their relationship status, benefit when they can integrate resiliency skills into both their professional and personal lives. That's why *Got Your Back Online (GYB Online)* teaches military servicemembers how to **leverage their strengths, whether on or off duty.**

This program relies on active participation as a powerful teaching tool, encouraging adult learners to be a driving force in their education. The course is highly engaging, fun, and meaningful.

Reduced costs & trackable progress available with **GYB-Online PLUS.**



INDIVIDUALS

GET MORE INFORMATION AT
GOTYOURBACKONLINE.COM



ON MY SHOULDERS

Facilitator Training Options for *On My Shoulders*

In-Person On-Demand

ON MY SHOULDERS (OMS) is a strengths-based curriculum designed to give fathers from a variety of backgrounds practical skills for effective parenting, co-parenting, and healthy relationships.

OMS content is about more than just parenting. *OMS* is also an experiential learning process that emphasizes **relationship skills**, builds **self-awareness** and **gratitude**, promotes **mindful choices**, and encourages participants to **value themselves** as fathers and as men.

OMS focuses on core relationship values, such as commitment, respect, and healthy attachment.

CURRICULUM AT A GLANCE

On My Shoulders Target Audience:

Fathers of all types (including custodial and non-custodial)

Primary Focus:

Provide evidence-informed skills to help develop a stronger, healthier, and more resilient self in order to strengthen relationships of all types, but especially the father-child relationship

Targeted Outcomes/Strategies:

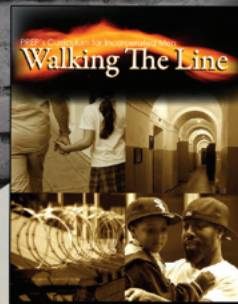
Healthy Connection Development
Gratitude Practice
Relationship & Emotional Needs Navigation
Communication Skills & Quality
Effective Fatherhood Strategies
Attachment Styles Consideration
Commitment Strengths

Participant Material Options:

Participant Kits (everything needed for a participant)
Participant Guides Available: 14-unit

FATHERHOOD





Walking The Line

CURRICULUM AT A GLANCE

Walking The Line Target Audience:

Men who are incarcerated and/or those currently re-entering from incarceration

Primary Focus:

Provide evidence-informed skills about developing and maintaining healthy relationships — with others and with oneself

Targeted Outcomes/Strategies:

Healthy Relationship Development
Stress & Anger Management
Communication Skills & Quality
Re-Entry Preparation
Attachment Styles Consideration
Gratitude Practice
Commitment Strengths
Effective Fatherhood

Participant Material Options:

Participant Guides Available: 15-unit

Facilitator Training Options for Walking The Line

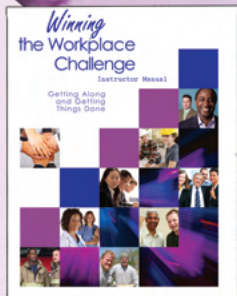
In-Person On-Demand

Walking The Line (WTL) is a skills-based relationship intelligence curriculum designed for men who are incarcerated. It is designed to give participants the strategies and tools necessary to help them navigate their relationships in healthy ways with family, friends, their children, correctional facility staff, and fellow men who are incarcerated.

WTL helps participants achieve their personal goals by focusing on topics such as **identifying past patterns that impact them today, making romantic relationships work (while incarcerated and upon re-entry), managing personality differences, and handling anger and stress** in ways that lead to more enriching, satisfying interactions with the people that matter in their lives.



RE-ENTRY



Winning the Workplace Challenge

Facilitator Training Options for *Winning the Workplace Challenge*

In-Person Live-Virtual

WINNING THE WORKPLACE CHALLENGE (WWC) teaches participants relationship skills for the workplace. The curriculum aims to **make the workplace more cohesive, comfortable, and efficient**. It does so by providing the team with strategies to (1) examine the roles that personality and expectations play in the workplace, (2) practice communicating with respect and clarity, and (3) identify their relational intelligence to maximize teamwork productivity.

CURRICULUM AT A GLANCE

WWC Target Audience:

Employees who work together, regardless of their role

For those working in a military setting, we highly recommend *Got Your Back v5*

Primary Focus:

Teach how to utilize the core PREP skills to communicate in healthier and more effective ways in the workplace

Targeted Outcomes/Strategies:

- Healthy & Productive Professional Interactions
- Soft Skill Development
- Critical Thinking & Decision-Making Skills
- Teamwork
- Positive Rapport Among Colleagues
- Team Integration & Support

Participant Material Options:

Participant Kits (everything needed for a participant)
Participant Guides Available: 6-unit

WORKPLACE



WHY TRUST PREP inc.

BECAUSE...

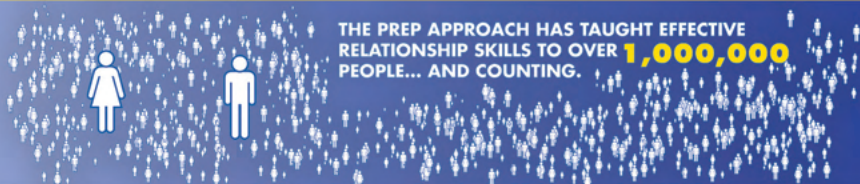


PREP MATERIAL IS DESIGNED BY **SCIENTISTS** WHO ARE THE LEAD AUTHORS OF OVER **120** SCHOLARLY PUBLICATIONS ON MARRIAGE AND RELATIONSHIP EDUCATION.



THE PREP APPROACH HAS BEEN WIDELY RECEIVED **ACROSS THE WORLD**—

USED IN OVER **15** COUNTRIES AND TRANSLATED INTO **5** LANGUAGES.



THE PREP APPROACH IS INFORMED BY LEADING-EDGE RESEARCH SPANNING OVER **45** YEARS.

THE PREP APPROACH HAS BEEN PROVEN TO LOWER THE RATE OF DIVORCE OR BREAK-UP FOR COUPLES IN **4** REPLICATED LONG-TERM OUTCOME STUDIES.



**FIND OUT MORE BY VISITING PREPINC.COM
OR SCAN HERE**



1-800-366-0166



info@PREPinc.com



PREPinc.com

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