

### How do we participate in the PREPARE/ENRICH Program?

Couples should contact the Riverside Covenant Church office at 765.463.4600 or at [office@rcovenant.org](mailto:office@rcovenant.org).

The cost to take the online assessment is \$29.95. If this is a financial burden, scholarships are available.

After completing the online assessment, you will schedule at least 4 meetings with Pastor Dan to discuss your online assessment and refine your relationship skills.

### 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.



If you would like more information on the PREPARE/ENRICH Program, please visit <http://www.prepare-enrich.com>.

You can also call contact the Riverside Covenant Church office at 765.463.4600 or at [office@rcovenant.org](mailto:office@rcovenant.org).



## Marriage Enrichment and Premarital Preparation



This program is designed for all couples, whether considering marriage, engaged, or already married.



**PREPARE/ENRICH**  
Life Innovations, Inc.

## “Helping Build Strong Marriages and Healthy Relationships”

*James 1:19 “My dear brothers and sisters,  
be quick to listen, slow to speak and slow to  
get angry.”*

*1 Peter 4:8 “Most important of all, continue  
to show deep love for each other, for love  
covers a multitude of sins.”*

### 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, Pastor Dan Teefey provides at least 4 feedback sessions in which he helps the couple discuss and understand their results. Pastor Dan is a certified PREPARE/ENRICH facilitator and will teach couples proven relationship skills.

### How many people have taken the PREPARE/ENRICH Program?

Over 2.5 million couples (5 million people) have taken the PREPARE/ENRICH Program through various counselors and pastors 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, visit <http://www.prepare-enrich.com> and click “research” at the top of the screen.

### 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.