

# **PREPARE/ ENRICH ONE DAY ACCREDITATION TRAINING**

*Presented by Marriage and Family Institute*

## **ABOUT THE PROGRAMME**

Prepare-Enrich Programme is a research-based programme with a high level of reliability and validity. It was developed by Dr David Olson and his colleagues at the University of Minnesota, USA.

Prepare-Enrich Programme was developed to help social workers, and counsellors to work more effectively with premarital and married couples. They are designed to assist counsellors and couples in focusing objectively on critical relationship issues. Prepare-Enrich instruments are useful diagnostic tools for those who work with couples in either psycho-educational or counselling programmes.

This one day training will accredit participants to be users of the copy-righted programme from the USA and to use the diagnostic tool to help couples in counselling, to prepare for marriage or to enrich their marriage.

The workshop will train participants on how to properly use the PREPARE/ ENRICH Programme with couples. Participants will learn how to administer and interpret the couple inventories and give feedback to couples using the six couple exercises. Each inventory is intended to assess areas in which relationships need to grow and strengths that will enable them to progress in a positive direction.

## **WORKSHOP OBJECTIVES**

At the end of the course, participants will learn:

- How to use the PREPARE/ENRICH inventories
- How to interpret the computer report
- How to conduct the six couple exercises

## **COURSE OUTLINE**

- Background and overview of PREPARE/ENRICH programme
- Administration of Prepare/Enrich inventories
- Interpretation of computer report
- Conducting six couple exercises

*During the training, participants will receive the following materials:*

- PREPARE/ENRICH Counsellor's Manual
- Counsellor's Computer Report
- Counsellor Feedback Form
- Building a Strong Marriage Workbook for Couple
- Complimentary Scoring Coupon
- VCD

Each PREPARE/ENRICH Inventory is about a 165-item questionnaire assessing relationship strength and growth areas in the following categories.

These categories are:

Communication	Realistic Expectations
Conflict Resolution	Leisure Activities
Personality Issues	Role Relationship
Financial Management	Idealistic Distortion
Spiritual Beliefs	Family-of-Origin
Children & Parenting	Type of Marriage
Family & Friends	
Sexual Expectations	

### **TARGET PARTICIPANTS**

This training is for helping professionals such as social workers, psychologists, counsellors, couples mentors and pastoral/ religious care staff and allied professionals who work with couples in a variety of setting including psycho-social educational setting or couple therapy work.

**Pre-requisite:** Participants must have a degree in social work, psychology, counselling, pastoral care or related discipline and training.

### **TRAINER**

Dr Linda Haverkamp and/or associates

### **ADMINISTRATIVE DETAILS**

Date/Duration: 1 day  
Time: 10.00am – 5.00pm  
Special Fee: \$500  
(Fee includes the counsellor's manual, training VCD and a complimentary scoring coupon worth \$30)  
(Churches, please contact us for special fee)

For more information, contact Dr Linda Haverkamp  
Email: [linda@MFIInstitute.com](mailto:linda@MFIInstitute.com)  
Mobile: 97800991

## **TRAINER'S PROFILE**

### **Linda Haverkamp, PhD**

Linda is a qualified social worker, trainer, marital and family life educator who has more than 20 years of experience in the human services. She is a certified Master Trainer for Prepare-Enrich Programme. She has served as executive director of Family Resource and Training Centre for 8 years. Prior to that, she is a senior management staff of the National Council of Social Service. She is a volunteer and has served as a specialist volunteer in Myanmar with the Singapore International Foundation.

She obtained her doctorate in 2007 at National University of Singapore (Dept of Social Work). She has a BA (social work and sociology) from the National University of Singapore and was awarded the Social Worker's Gold Medal. A NCSS Scholar and Rotary International Scholar, she obtained her MBA (with Distinction) from Hawaii, USA.

Linda has a special passion in the area of personal development, relationships, family and marriage education. She has developed indigenous resource materials including "The Art of Marriage" and "The Wheel of Marriage<sup>®</sup>". She contributes articles and comments regularly to print media and has been interviewed on radio and TV. She is Doctor Love for Duet magazine. She is an appointed Deputy Registrar of Marriages/ licensed marriage solemniser. Also an artist, Linda is married to an American Professor and they have two daughters.

For some courses, it may also be conducted by Certified PREPARE-ENRICH Seminar Directors affiliated to the Marriage and Family Institute.