

# Overview of PREPARE/ENRICH

PREPARE/ENRICH began in 1980 as a result of several research projects at the University of Minnesota in which Dr. David Olson developed a set of inventories for couples; known as PREPARE/ENRICH. Because of the demand for inventories David and Karen Olson formed PREPARE/ENRICH (Life Innovations, Inc.) to provide these helpful tools for counselors, clergy members, mentors and other marriage educators.

Over the years this small dream has continued to grow at a remarkable rate. We have trained over 100,000 PREPARE/ENRICH Facilitators in the U.S., and have over 10 International Offices around the world. Over 3 million couples have completed one of the couple inventories.

## About the Founders

**David H. Olson** Ph.D., Founder and CEO of Life Innovations, Inc. Professor Emeritus, Family Social Science, University of Minnesota where he taught for over 25 years.

**Karen Olson**, CFO and manager for over 25 years, as well as Director of Marketing and Outreach for Life Innovations, Inc.



Together, they worked as a team to create a company that has a mission of building strong marriages and healthy relationships.

# What is PREPARE/ENRICH?

PREPARE/ENRICH is a customized couple assessment completed online that identifies a couple's strength and growth areas. It is one of the most widely used programs for premarital counseling and premarital education. It is also used for marriage counseling, marriage enrichment, and dating couples considering engagement. Based on a couple's assessment results, a trained facilitator provides 4-8 feedback sessions in which the facilitator helps the couple discuss and understand their results as they are taught proven relationship skills.

## Over 3 Million Couples!

Over the last 30 years, the PREPARE/ENRICH relationship assessment has empowered and energized more than 3 million couples. We're the #1 relationship inventory and couples assessment tool.

## 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 Inventory?

- 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 Inventory 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 Inventory, view [Research Articles](#) at [www.prepare-enrich.com](http://www.prepare-enrich.com).

## **Who uses PREPARE/ENRICH?**

The inventory has been utilized by over 100,000 trained clergy members, professional counselors, mentors, and marriage educators throughout the U.S.

Over 3 million couples have taken a PREPARE/ENRICH inventory and worked through their results under the guidance of one of our trained facilitators.

## **Find a trained PREPARE/ENRICH Facilitator in your area?**

Couples should first check with their Church, Synagogue or Professional Counselor to see if they are already using the PREPARE/ENRICH Program.

If you are unable to locate a PREPARE/ENRICH facilitator on your own, you can find a facilitator on our website by searching by zip code or state.

Find a PREPARE/ENRICH Facilitator

## **How do clergy, marriage mentors, or marriage educator get trained to use PREPARE/ENRICH?**

Facilitators must attend one of our PREPARE/ENRICH Workshops held throughout the country. The 1-day training includes all the materials you will need to get started using PREPARE/ENRICH in your community, as well as a complimentary online scoring credit. The average price of a workshop is \$175 and they are usually about 7 hours in length.

## **How does a Professional Counselor get trained to use PREPARE/ENRICH?**

Professional Counselors may either attend a one-day Workshop on PREPARE/ENRICH or register for [Self Training](#). Both the Workshop and the Self-Training include all the materials you will need to get started, as well as a complimentary scoring credit.