

## **PREP 8.0 TRAINING & MATERIALS**

### **Product Description**

PREP, Inc. develops resources for couples, educators, therapist, and programs to support healthy and happy relationships. PREP 8.0 is evidenced-based program designed to help any couple achieve their goals in relationships, family, and marriage. The curriculum, based on a cognitive behavioral theoretical foundation, is designed to build on the existing strengths of the couple and add critical life and relationship skills that will help participants to create safer, more stable couple relationship, and by extension, better environments for their children. [To learn more about PREP, Inc. and their products, click here.](#)

### **PREP 8.0 Facilitator Training**

Participants in the facilitator training for PREP 8.0 will gain the knowledge and skills in order to successfully facilitate a PREP 8.0 workshop.

Models of healthy relationships and marriages, including unhealthy and dangerous relationships.

- Safety theory of healthy marriage and family relationships, including domestic violence.
- Impact of Communication Danger signs/ negative patterns on friendship and safety in a relationship.
- Characteristics of successful communication and conflict management.
- Ways stress impacts a couple relationship and how to decrease its impact on the body and mind.
- Way to engage and teach core themes and competencies to couples.
- Why having fun is good for a marriage and help couples build a plan for having fun together.
- The difference between events, issues and hidden issues.
- How expectations influence how couples deal with issues and events.
- Ways that couples can offer support to each other in difficult times.
- Themes of happiness, contentment, and meaning in life and the couple relationship.
- Two types of commitment and the importance of commitment in a relationship.
- Support systems, boundaries and the benefits of developing a strong, healthy network.
- Importance of establishing boundaries around less healthy
- How personal and family histories affect the individual and the couple relationship.
- Strategies for problem solving and decision-making in the couple relationship.
- Dynamics associated with the Inertia Theory and “Sliding vs. Deciding” concepts.

**To register for PREP 8.0 Facilitator Training** [Click here.](#)

**PREP 8.0 Training is eligible for Continuing Education approved by the American Psychological Association for mental health professionals. [To register for CEs, click here.](#)**

### **Learning Objectives**

PREP 8.0 is evidenced-based program designed to help any couple achieve their goals in relationships, family, and marriage. The curriculum, based on a cognitive behavioral theoretical foundation, is designed to build on the existing strengths of the couple and add critical life and relationship skills that will help participants to create safer, more stable couple relationship, and by extension, better environments for their children.

Participants in the facilitator training for PREP 8.0 will be able to:

1. Identify models of healthy relationships and marriages, including unhealthy and dangerous relationships.
2. Explain the safety theory of healthy marriage and family relationships, and skillfully guide a frank discussion of domestic violence.
3. Describe the Communication Danger signs and how these negative patterns can affect friendship and safety in a relationship.
4. Identify the characteristics of successful communication and conflict management.
5. Explain the many ways stress can impact a couple relationship and how to implement a simple technique for decreasing the impact of stress on the body and mind.
6. Demonstrate how activities, in addition to lecture and skill practice, are used to engage and teach core themes and competencies to participating couples.
7. Explain why having fun is good for a marriage and help couples build a plan for having fun together.
8. Explain the difference between issues and events, and how experiences and expectations can influence how couples deal with events.
9. Identify ways that couples can offer support to each other in difficult times.
10. Analyze the themes of happiness, contentment, and meaning in life and their importance to the couple relationship.
11. Identify the two types of commitment and the importance of commitment in a relationship.
12. Explain the importance of Social Support Systems, including the benefits of developing a strong network of healthy relationships, as well as establishing boundaries around less healthy ones.
13. Describe how personal and family histories affect the individual and the couple relationship.
14. Identify how to focus on moving couples in proactive directions in developing decision-making practices.

15. Explain the dynamics associated with the Inertia Theory and “Sliding vs. Deciding” concepts.

#### **PRESENTERS:**

**Jennifer L. Baker, PsyD MFT** is a licensed clinical psychologist and marriage and family therapist with more than 30 years of experience working with couples and families. She has served as a Master Facilitator for PREP, training hundreds of individuals in *PREP*, *Within Our Reach*, and *Within My Reach* in Missouri and Kansas.

Dr. Baker is the Founder and Executive Director of Good Dads, a non-profit focused on helping fathers be more engaged with their children. From 2003-2011 she provided leadership for two large federal grants serving persons living in 29 counties in southwest Missouri. In 2018, she was recognized as Entrepreneur of the Year by Springfield Business Journal. She launched New Pathways for Good Dads, a program to help under-resourced dads overcome the barriers challenging their ability and opportunity to be good dads.

Dr. Baker also served as an associate professor in marriage and family therapy and as the Director of the Murney Clinic, a community mental health clinic, in Springfield. She enjoys doing weekly podcasts with j Fotsch, developing programs to help dads and their families, and developing new ways to help over-the-road truck drivers stay connected with their kids.