

PREP

The Prevention and Relationship Enhancement Program

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Q. What is PREP?

A. PREP is based on up-to-date research about what keeps some couples married while others divorce. It teaches couples communication and problem solving skills that have been found to improve marital satisfaction. In fact, even five years later, couples who have completed a PREP class report higher levels of marital satisfaction than couples who didn't take the class. It is a well respected program that helps couples get to the heart of issues and keep their connection strong.

Q. Who should take PREP?

A. Everyone! PREP is for couples who want to make their relationship the best it can be. It doesn't matter if you are a new couple or if you have been together for many years, it is designed for relationships at all different stages. The skills can help you build, maintain, and even re-build a healthy and long lasting relationship.

Q. What kinds of things do you talk about?

A. You cover topics like: danger signs, relationship expectations, how to talk and listen to one another, road blocks that get in the way of good communication, and how to protect the good things in your relationship.

Q. Is it therapy or counseling?

A. No. PREP is an educational program; it is not therapy or counseling. It teaches skills that can help you in all kinds of relationships – with family, friends, and even co-workers.

Q. Do we have to talk about our problems with the whole class?

A. No. The program will encourage you to talk with your partner about your concerns, however you will not be asked to share personal details about your lives with the group.

Q. How long is it?

A. That depends. It is generally a 12-hour program however, shorter classes are available. Some classes might be offered on one full weekend, however most groups meet for 4-6 weeks for 2 hours each time.

Q. How much does it cost?

A. That also depends on where you are taking it. The cost varies by location. Occasionally different churches and organizations may offer classes by donation only. An average cost in Southwest Missouri is probably around \$50.