

## Reference Notes—Premarital/Marital Education and Mentoring

### **Slide 4:**

1. Carroll, J. S. & Doherty, W. J. (2003) Evaluating the effectiveness of premarital prevention programs: A meta-analytic review of outcome research. *Family Relations*, 52, 105-118.
2. Larson, J. H., Newell, K., Topham, G., & Nichols, S. (Apr., 2002). A review of three comprehensive premarital assessment questionnaires. *Journal of Marital & Family Therapy*, 28(2), 233-239
3. Hunt, R.A., Hof, L., & DeMaria, R. (1998). *Marriage enrichment: Preparation, mentoring, and outreach*. Philadelphia: Brunner/Mazel.
4. Markman, H.J., Stanley, S.M., & Blumberg, S.L. (1994). *Fighting for your marriage: Positive steps preventing divorce and preserving lasting love*. San Francisco: Jossey Bass, Inc.

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5. Reardon-Anderson, J., Stagner, M., Macomber, J. E., & Murray, J. (n.d.). *Systematic review of the impact of marriage and relationship programs*. U.S. Department of Health and Human Services.

❖ New research - funded by the US Dept. of Health & Human Services

### **Slide 7:**

6. Stanley, S.M., & Markman, H.J. (1997). *Marriage in the 90's: A Nationwide random phone survey*. Denver, Colorado: PREP, Inc.

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4. Markman, H.J., Stanley, S.M., & Blumberg, S.L. (1994). *Fighting for your marriage: Positive steps preventing divorce and preserving lasting love*. San Francisco: Jossey Bass, Inc.

7. Waite, L.J., & Gallagher, M. (2000). *The case for marriage*. NY: Doubleday.

❖ Waite and Gallagher discussed how social scientists, policy makers, and society overall, have an obligation to look at all the behaviors and consequences of marriage before making discouraging comments about marriage without all the facts.

8. The National Fatherhood Initiative. Retrieved March 21, 2005 from [http://www.fatherhood.org/fatherfacts\\_t10.asp](http://www.fatherhood.org/fatherfacts_t10.asp)

9. Wallerstein, J. S., Lewis, J. M., & Blakeslee, S. (2000). *The Unexpected Legacy of Divorce*. New York: Hyperion.

10. Fagan, P. F. (1997). The child abuse crisis: The disintegration of marriage, family, and the American community. *The Heritage Foundation, Backgrounder No. 1115*, May 15, 1997.

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4. Markman, H.J., Stanley, S.M., & Blumberg, S.L. (1994). *Fighting for your marriage: Positive steps preventing divorce and preserving lasting love*. San Francisco: Jossey Bass, Inc.

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9. Wallerstein, J. S., Lewis, J. M., & Blakeslee, S. (2000). *The Unexpected Legacy of Divorce*. New York: Hyperion.

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7. Waite, L.J., & Gallagher, M. (2000). *The case for marriage*. NY: Doubleday.

- ❖ Waite and Gallagher discussed how social scientists, policy makers, and society overall, have an obligation to look at all the behaviors and consequences of marriage before making discouraging comments about marriage without all the facts.

11. Stanley, S. M. (2001). Making a case for premarital education. *Family Relations*, 50, 272-280.

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**Slide 13:**

12. PREPARE/ENRICH - (PREmarital Preparation And Relationship Education/Evaluating and Nurturing Relationship Issues, Communication, Happiness)

- ❖ MATE - used for older couples (over 50) marrying and/or remarrying
- ❖ Founders: David Olson, Joan Druckman, and David Fournier (1977)  
<http://www.lifeinnovations.com>  
P.O. Box 190  
Minneapolis, MN 55440-0190  
1-800-331-1661

13. FOCCUS/REFOCCUS - (Facilitation Open Couple Communication, Understanding, and Study)

- ❖ Founder: Barbara Markey  
<http://www.foccusinc.com/>  
3214 N. 60th Street  
Omaha, NE 68104-3495  
1-877-883-5422

**Slide 14:**

14. Empowering Couples

- ❖ Founders: David Olson and Amy Olson (2001)  
<http://www.lifeinnovations.com>  
P.O. Box 190  
Minneapolis, MN 55440-0190  
1-800-331-1661

15. PREP - (Prevention Relationship Enhancement Program)

- ❖ Founders: Scott Stanley, Howard Markman, and Susan Blumberg  
<http://www.prepinc.com>  
P.O. Box 4793  
Greenwood Village CO 80155-4793  
1-800-366-0166

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<http://www.prepinc.com>

- ❖ Skills-Based programs - This is an educational curriculum which focuses on teaching and using hands-on skills to allow couples to practice with their partners. These programs are usually several weeks long or occur over a weekend. Videos/DVDs, guest speakers, examples, and experiential learning are often utilized.
- ❖ Most skills-based programs focus on similar topics as inventories - communication, commitment, problem solving, family of origin, friendship, sexuality, money, leisure, spirituality, and forgiveness to name a few.

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4. Markman, H.J., Stanley, S.M., & Blumberg, S.L. (1994). *Fighting for your marriage: Positive steps preventing divorce and preserving lasting love*. San Francisco: Jossey Bass, Inc.

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16. Groarke, T. J. (1991). *Marriage preparation in contemporary theology and Canon law*. Rome.

- ❖ “Family Renewal Days” were begun in 1943 in New York (with similar programs in France, Britain, and Ireland). Parents were to be educated in hopes of passing the information on to their children. Soon these efforts to assist parents shifted to marriage preparation for engaged couples. Thus, Pre-Cana was born.

17. Silliman, B., & Schumm, W. R. (2000, April). Marriage preparation programs: A literature review. *Family Journal of Counseling and Therapy for Couples and Families*, 8(2), 133-142.

18. PREP’s Research Foundations, Retrieved December 6, 2004, from [http://www.prepinc.com/main/research\\_foundation.asp](http://www.prepinc.com/main/research_foundation.asp), (n.d.).

- ❖ Some Marriage Enrichment programs have been around for almost 30 years, but until recently they were not as well know and/or utilized. With this “marriage movement” across the U.S., more and more people are being trained in marriage enrichment/ education programs and couples are reported to attend in record numbers.
- ❖ The history of the PREP program can be traced back to the mid 1970’s with the research of Howard Markman, Clifford Notorius, and John Gottman who looked at some causes of marital distress.

19. Diane Solee - Coalition for Marriage, Family and Couples Education (aka, SmartMarriages)

20. Popenoe, D., & Whitehead, B.D. (2004, July). *The State of Our Unions*. Piscataway, NJ: National Marriage Project.

- ❖ Part of the reauthorization of welfare reform (Federal & State)
- ❖ Eliminating marriage penalty for income taxes (Legislation - Congress)
- ❖ State and Community Marriage Initiatives (State & Local)
- ❖ Study of marriage and marriage policies (Research)

20. Popenoe, D., & Whitehead, B.D. (2004, July). *The State of Our Unions*. Piscataway, NJ: National Marriage Project.

- ❖ How and when people decide to marry has changed significantly over the years.
- ❖ People are waiting longer to marry and many are cohabiting as a precursor to marriage. The institutional role of marriage has changed and it is part of our fundamental societal institution similar to church, government, and education.

- ❖ Marriage as an institution can continue to be revitalized through private and public policy changes. For example offering skills-based marriage enrichment at a place of business, in a church setting, in the school systems, to people receiving TANF funds, etc.

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10. Fagan, P. F. (1997). The child abuse crisis: The disintegration of marriage, family, and the American community. *The Heritage Foundation, Backgrounder No. 1115*, May 15, 1997.

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20. National Commission on Children. (1993). *Just the facts: A summary of recent information on America's children and their families*. Washington, DC,.

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21. Jordan, P.L., Stanley, S.M., & Markman, H.J., *Becoming parents: How to strengthen your marriage as your family grows*, 1999.

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21. Jordan, P.L., Stanley, S.M., & Markman, H.J., *Becoming parents: How to strengthen your marriage as your family grows*, 1999.

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- ❖ Three risk factors:
  - Marrying as a teenager - This risk factor is higher than all others. Teenagers who marry are two to three times more likely to divorce than people in their 20s and above.
  - It has been said that “opposites attract, marry and attack.”- People who share common values, beliefs, goals, etc. are more likely to have successful marriages than couples with very different backgrounds, social networks, etc.
  - Living together - This has become a new step in the relationship series. Many couples view living together (cohabiting) as a “trial marriage.” Typically, couples who serially cohabit before marriage experience more marital distress and conflict than those people who do not cohabit prior to marriage.

8. The National Fatherhood Initiative. Retrieved March 21, 2005 from [http://www.fatherhood.org/fatherfacts\\_t10.asp](http://www.fatherhood.org/fatherfacts_t10.asp)

- ❖ see note below

9. Wallerstein, J. S., Lewis, J. M., & Blakeslee, S. (2000). *The Unexpected Legacy of Divorce*. New York: Hyperion.

- ❖ Children’s well-being risks - We know from research that children who do not live with both parents (biological or adoptive) tend to do poorer in school, have lower educational attainment, are more likely to abuse drugs/alcohol, more likely to be abused, more likely to grow up poor, more likely to become teenage parents, more likely to have fathers who are not involved in the child’s life.

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