



The Alabama Community Healthy Marriage Initiative

IDEALS of Kentucky “Mastering the Magic of Love”

Mary Ortwein

Mastering the Magic of Love teaches the 10 Relationship Enhancement Skills of Dr. Bernard Guerney. These skills have been shown in 27 research studies to help couples improve their relationship and solve problems. The workshop is appropriate for both couples who are having troubles and those who want to make a good thing better. In a brief time couples learn skills that enable them to reach new depths of understanding of each other. When they do, problems that loomed large come down to a size they can deal with.

In these workshops, couples learn valuable skills such as cooperation, understanding, deeper communication, and conflict resolution. Couples also learn the importance of keeping a positive attitude in the marriage, following through with commitments, and using healthy reinforcements to encourage change. Recognizing and preventing patterns of conflict in the marriage as well as activities to build affection between the couple are also important parts of the program.

Each Mastering the Magic of Love workshop is small (2 to 6 couples), and couple discussions are private. During the workshop couples have a chance to work through one significant issue. This workshop is intended equally for couples who wish to increase overall relationship satisfaction and for couples who want to begin to re-open channels of caring and love in their relationship. <http://www.skillswork.org/index.php>

Caring For My Family

Karen Shirer, Family & Consumer Sciences

Michigan State University Extension

Caring for my Family” helps mothers and fathers of newborns to learn about building healthy relationships with each other and their children through a series of interactive educational experiences. The purpose of the program is to equip unmarried mothers and fathers with skills for making healthy decisions and to explore future options for their relationship including the potential of getting married. New parents will learn skills for parenting together and strengthening their family unit. The program consists of 4 modules; each module contains from four to ten lessons that are best offered as a series. The four modules include: “Road Map to a Stable Family and an Involved Father,” Caring For Myself,” “Relating to Others,” and “Caring For Our Family.” Lessons on specific topics can be selected and tailored for one-on-one or group education.

The overall goal of this curriculum is to encourage family formation. There are several paths one might take to family formation: marrying one’s baby’s other parent or involving the father in raising one’s child. However, the primary outcomes of the curriculum are not these ends but of building new parents’ knowledge, skills and attitudes. The curriculum is designed to support and equip participants to build and sustain healthy family relationships and to provide a secure environment for their children. Family research has shown that unhealthy family relationships and environments are prevalent among young families due to a lack of skill and knowledge.

<http://www.fcs.msue.msu.edu/cfmf/cfmf-aboutus.html>

Abbreviated 6-lesson curriculum with enhanced co-parenting module available free. Email griffmm@auburn.edu

Basic Training: Black Marriage Education
Dr. Rozario Slack & Nisa Muhammad

Basic Training for Couples is a video based Marriage Education Curriculum produced by Dr. Rozario Slack and Nisa Islam Muhammad, who have joined forces to create Black Marriage Publications. Black Marriage Publications is a non-profit organization dedicated to producing materials for the Black community that promotes forming and sustaining healthy marriages. Basic Training for Couples is the first of Black Marriage Publication's any productions toward this goal.

This video based curriculum is designed to be used by facilitators in a group setting, but most of all, it is designed for the numerous couples who will never make it to a class. It includes exercises, homework, weekly affirmations and new habits to learn. This can be used by couples in the comfort of their home in the evening, late at night, Saturday morning, Sunday afternoon, on vacation at the beach or whenever they choose. Just choose to do it!! Your marriage can be better, wedded bliss can be your goal, and Basic Training helps to provide a map to get there. www.blackmarriage.org

Smart Steps
Dr. Francesca Adler-Baeder

This 12-hour research-based, educational program curriculum is for remarried or partnering couples and their children, and focuses on building couple and family strength.

The program uses: informational presentations, hands-on exercises, group discussions, and media. The 250+ page Curriculum includes: leader lesson guides for adult and child programs, background readings, hand-out masters, resource list pre/post evaluation questionnaires, 2 videos (the movie, "Stepmom" and "Smart Steps Video Vignettes"), and CD with power point slides, hand-out files, evaluation questionnaires). Email: stepfamily@auburn.edu

Relationship Smarts
Dr. Jennifer Kerpelman

This course offers the practical guidance that teens crave for building relationships that are not based on sex. "Increasing Your Relationship Smarts" covers subjects such as attraction, infatuation, rejection, falling in love, emotions, and breaking up in 13 one-hour sessions. Students also learn specific dating skills: what to say and do in the early stages, how to get to know someone, how to assess a relationship and avoid attachment to problem people.

Lessons include varied activities based on the latest research. Stories from the anthology, *The Art of Loving Well*, as well as the TV series, *Everybody Loves Raymond*, help bring these topics alive. This unit is designed for schools, youth agencies, clubs and faith based organizations. www.dibblefund.org