TARGET AUDIENCE

This program is for couples who wish to enhance their relationships.

SUMMARY

CoupleCARE, a community-based, self-paced, relationship-education program, is designed to help couples strengthen their relationships.

EVIDENCE

An internally conducted, randomized controlled trial revealed mixed results for self- and partner-reported measures of relational enrichment. Significant improvements were found for reports of relationship satisfaction and stability from pretest to posttest; however, reports of communication and relationship self-regulation were not affected.

COMPONENTS

The CoupleCARE program encourages couples to identify and explain what type of relationship they would like to have and helps couples consider the relationship's assets and weaknesses and gain interpersonal skills. The program consists of the following six units:

- Relationship Goals and Self-Change - Establish relationship commitment goals and recognize the self-change required to enhance the relationship;
- Communication - Understand useful communication methods for couples, engage in communication self-evaluations, and develop a plan for improved communication through self-change;
- Fun and Mutual Support - Realize the importance of expressing affection through positive shared activities and partner support and work to improve through self-change;
- Managing Differences - Understand conflict management models and methods for conflict resolution, engage in conflict management self-evaluations, and develop a plan for improvement through self-change;
- Intimacy and Sexuality - Identify myths about sexual expression, assess current sexual behavior, and develop a plan for improvement through self-change; and
- Managing Change - Recognize the possible effects of change on a relationship, appreciate the difficulty in implementing these changes in a busy life, and maintain focus on positive relationship enhancement.

For each session, couples watch a DVD segment; complete the exercises contained in their guidebooks; and consult, over the phone or in person, with a relationship counselor. The program can be implemented in couples' homes or in traditional group settings.

PREVIOUS USE

Since its inception in the early 2000s, CoupleCARE has been used by over 5,000 couples in the United States and Australia.
**CoupleCARE**

**TRAINING**

Training is available and recommended, and the CoupleCARE program may only be implemented by professional relationship educators and counselors. Please email Kim Halford for more information using details in the Contact section.

**CONSIDERATIONS**

Considerations for implementing this program include finding and retaining professional relationship educators and counselors, recruiting and retaining participants, and finding a mutually agreeable time to hold sessions for couples. The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

**IMPLEMENTATION**

If you are interested in implementing CoupleCARE, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

The program pace varies by couple; however, couples are instructed to complete one program unit per week for 6 weeks. Couples usually spend 2 hours completing each unit; they spend 20 minutes watching the DVD segment, 45 minutes to 1 hour completing the guidebook exercises, and 30 to 40 minutes interacting with a relationship counselor.

To implement the program, purchase of an Educator Kit, which includes two guidebooks, the session DVDs, and a facilitator manual, is required. This kit costs approximately $145 plus shipping. Additional couple guidebook packs, DVDs, and facilitator manuals can be purchased. For pricing information and to order materials, please visit www.couplecare.info/CcarePurchase.htm.

**EVALUATION PLAN**

To move the CoupleCARE program to the Promising category on the Clearinghouse Continuum of Evidence, at least one well-designed evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

**CONTACT**

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu.

You may also contact W. Kim Halford, Ph.D., by phone 011-61-7-336-56375, email k.halford@psy.uq.edu.au, or visit www.couplecare.info/

**SOURCE**


www.militaryfamilies.psu.edu

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.