## TARGET AUDIENCE

This program is for couples who are married or are considering marriage and who desire to maintain or enhance their relationship quality.

## SUMMARY

Couple Coping Enhancement Training (CCET), a community- or work site-based program, is a manualized marital distress preventive intervention that is designed to improve couples' relationship quality by strengthening their communication competencies, increasing their problem-solving abilities, and enhancing their individual and dyadic coping skills.

## EVIDENCE

Multiple internal evaluations of the program, using quasi-experimental and randomized control trial (RCT) designs, have demonstrated positive effects. Collectively, these studies have found that couples who participate in CCET report significant improvements in marital quality, psychological well-being, dyadic coping, problem-solving abilities, and communication skills. The effects for marital quality and psychological well-being were shown to be maintained over a 1-year follow-up. Additionally, one study evaluating a work site implementation of CCET found significant improvements from pretest to posttest in dyadic coping and communication skills among both partners; however, 5-month follow-up data suggested that the effects were only maintained for the partners employed at the work site.

## COMPONENTS

CCET consists of the following six modules:

- Knowledge of stress and coping - Focuses on recognizing different types of stress, understanding the causes of stress, realizing how stress presents itself, determining how perceptions influence stress, and identifying how stress affects marriage;
- Improvement of individual coping - Emphasizes the development of personal coping skills;
- Enhancement of dyadic coping - Underscores the importance of partners openly communicating stress to one another, recognizing nonverbal displays of stress in each other, supporting one another as each partner deals with stress, and engaging in strategies that strengthen their relationship;
- Exchange and fairness in the relationship - Highlights the importance of partners interacting with each other in an equitable and considerate fashion;
- Improvement of marital communication - Features the development of couples' speaking and listening skills; and
- Improvement of problem-solving skills - Centers on enhancing couples' problem-solving skills.

CCET is delivered to four to eight couples with one trainer for every two couples. Program content is conveyed to couples through short lectures with video examples, quizzes that assess understanding of the topics, demonstrations of helpful and unhelpful problem-solving strategies, video and live demonstrations of constructive communication and dyadic coping skills, and supervised role-plays and exercises. Diagnostic assessments are used to measure individual stress levels, communication styles, problem-solving skills, and coping skills.

## PREVIOUS USE

Program implementation began in 1996 and has been conducted with over 600 couples in Switzerland.
Couple Coping Enhancement Training (CCET)

**TRAINING**
Program facilitators typically have a master’s degree in clinical psychology. A required, 30-hour training is delivered over 4 days. After the training, the facilitators are supervised for 20 hours to ensure they are prepared to implement the program. For more information on training, please contact Kathrin Widmer, Ph.D., at kathrin.widmer@psychologie.uzh.ch

**CONSIDERATIONS**
Considerations for implementing this program include recruiting and retaining qualified facilitators and ensuring they receive training, acquiring participant buy-in, and obtaining space to conduct the training.

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

CCET lasts 18 hours and can be offered in several formats: a weekend course (i.e., Friday night through Sunday night), six 3-hour weekly sessions, or as part of a 1-week retreat. Implementation fees are negotiated with interested researchers and practitioners. Please contact the program developer for more information on program implementation costs using details in the Contact section.

**EVALUATION PLAN**
To move the CCET program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you to 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 Dr. Guy Bodenmann by phone 044-635-75-33 or email guy.bodenmann@psychologie.uzh.ch

**SOURCE**
Bodenmann, Cina, Lederman, and Sanders (2008); Bodenmann and Shantinath (2004); and Bodenmann, Charvoz, Cina, and Widmer (2001).