Facilitating Open Couples Communication Understanding and Study (FOCCUS)

TARGET AUDIENCE
This program is for pre-marital couples.

SUMMARY
The Facilitating Open Couples Communication Understanding and Study (FOCCUS©) program is designed to help couples focus on strengths in their relationship and encourages couples to identify, understand, and address possible sources of marital discord by completing a pre-marriage inventory.

EVIDENCE
No peer-reviewed evaluations of this program were identified through a public search.

COMPONENTS
The FOCCUS program is guided by facilitators who help couples focus on issues in the relationship and encourage couples to create a possible problem-solving plan. The program is implemented in five steps, which couples complete together.

- Step 1: Meet with a FOCCUS Facilitator who provides a paper or online version of the FOCCUS Pre-Marital Inventory;
- Step 2: Complete inventory by answering relationship questions regarding topics that include communication, problem-solving, religion, dual careers, cohabitation, parenting, sexuality, and finances;
- Step 3: Submit completed inventory online to the facilitator or through a mail-in service. Online scores are automatic, while other scoring may take longer;
- Step 4: Discuss and reflect on the results of the report, with the aid of the facilitator, and identify areas that may need attention; and
- Step 5: Receive the planning booklet, FOCCUS For the Future, which is intended to help couples grasp pertinent information learned and assist couples in the future.

FOCCUS is offered in six languages (i.e., English, Spanish, Portuguese, French Canadian, Korean, and Chinese) and is available on Audio CD, in sign language on video in some countries, and in Braille. The program is delivered in six editions (i.e., General, Christian Non-Denominational, Catholic, Orthodox Christian, Alternate, and Spanish Abridged).

PREVIOUS USE
FOCCUS was created in 1985 and has been used across the United States and in more than 30 countries.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

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.
Facilitating Open Couples Communication Understanding and Study (FOCCUS)

TRAINING

Marriage educators, clergy, lay individuals, mentor couples, counselors, and healthcare professionals may become registered FOCCUS facilitators. There are several training options, including a 1-day, off-site training that costs $95; on-site training (FOCCUS charges the hosting organization $100 per attendee); and a 3-hour online training that costs $100. For more information or to inquire about online training, please visit www.foccusinc.com/training.aspx.

CONSIDERATIONS

Considerations for implementing this program include recruiting participants, acquiring facilitators and ensuring that they receive training, and finding space for facilitator-participant meetings.

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 FOCCUS, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

TIME

Implementation times vary widely as the couples and facilitators work through the program together at their own pace.

COST

Costs for online or paper versions of the inventory range from $10 to $15 per couple, depending on the quantity purchased.

EVALUATION PLAN

To move FOCCUS to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting 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 FOCCUS, Inc., USA by mail Nazareth Hall, Nazareth Hall 3300 N. 60th St., Omaha, Nebraska 68104-3402, phone 1-877-883-5422, email foccus@foccusinc.com, or visit www.foccusinc.com/contact.aspx.

SOURCE

www.foccusinc.com