

PREPARE ENRICH[®]

P/E Checkup Overview

P/E Checkup is a shorter, more concise assessment version of PREPARE/ENRICH that helps couples celebrate their relational strengths, identify growth areas, and discover ways to have meaningful conversations under the guidance of a P/E Facilitator. Using the insights gained from over 35 years of research and development of the PREPARE/ENRICH assessment, P/E Checkup assesses over 30 aspects of a couple's relationship that research has identified as key areas for healthy relationships.

Compared to the PREPARE/ENRICH assessment, the P/E Checkup is a simpler assessment, in that there is one report which can be used by the Facilitator and can be easily interpreted by the couple. P/E Checkup does not, however, offer the same comprehensiveness and depth of insight into a couple that is generated by the full P/E assessment.

P/E Checkup does include:

- Core couple scales
- 7 items per scale (vs. 10 in P/E)
- Some customizations
- Couple Report

P/E Checkup does not include:

- Commitment scale
- Abuse scale
- Relationship Dynamics
- Personal Stress Profile
- Facilitator Report
- Group Edition Report

When could P/E Checkup be used?

P/E Checkup is designed primarily for relationship education and enrichment, but can be used in premarital counseling, with marriage mentor couples, or with any couple in your community. P/E Checkup is not ideal for couples in crisis (*use: PREPARE/ENRICH*) or those whose main issues are parenting (*use: Parenting Version*).

Getting Started:

You must be a Certified Facilitator to administer the P/E Checkup. If you are not already trained, go to www.prepare-enrich.com.au to view training opportunities or call (02) 9520 4049.

To get started using P/E Checkup as a Certified Facilitator, simply login to your Certified Facilitator account and select P/E Checkup from the *Add a Couple* dropdown menu.