

# PREPARE/ENRICH: Customized Version 预备/提升：客制化版本

## Facilitator's Feedback Guide 引导员意见回馈指南

### (8 Sessions 八堂课)

#### Providing Feedback 给予意见回馈

For each session, start by giving couples specific feedback from their results in the Facilitator's and Couple's Reports. Give couples balanced feedback about their strengths (agreement items), but also potential issues (disagreement, indecision, and special focus items). Next, lead the couple through the exercises from the Couple's Workbook for the topics covered in that session.

每堂课开始时根据引导员和伴侣们的报告给予意见回馈。关于他们的长处（共同项目）给予均衡的意见回馈，但同时也提醒可能的问题（相异项目，模棱两可项目和特殊焦点项目）。接著，透过夫妇练习本的活动来引导他们，涵盖这次课程应进行的议题。

The outline provided is designed as a feedback guide. It is a suggested guideline, but may be adapted to fit various settings, timeframes, and feedback models (i.e. individual couples or groups)

所提供的大纲是计画成意见回馈的引导手册。这是建议性质的引导手册但可以依据不同的情况，时间表和意见回馈的形式（个人或团体）来进行调整。

#### Reports 报告

- **Facilitator's Report:** The Facilitator's Report is designed to be used by the certified PREPARE/ENRICH facilitator or a trained mentor couple. This report is not to be given to the couple receiving feedback.  
引导员报告：引导员的报告是设计成给专业的「预备/提升引导员」或者受训过的辅导夫妇来使用。这不是用来给伴侣们的得到意见回馈用的。
- **Couple's Report:** The Couple's Report may be given to the couple to view and keep as a record of their PREPARE/ENRICH results.  
伴侣报告：伴侣的报告是用来给伴侣们看和当做预备/提升结果的记录。
  - Do not give couples their report prior to the first exercise: Sharing Strength & Growth Areas.  
给伴侣们报告不可早于第一个活动：分享长处和成长部分
  - Facilitator's are not required to give couples their report, and may consider giving couples only the sections that apply to the feedback and exercises being covered in a given session.  
引导员不需要给伴侣们他们的报告，且可考虑给伴侣们相关部分就是每次课程涵盖到的部份，用于给意见回馈和活动进行。

#### Couple's Workbook

- When providing feedback to a couple, each partner should have their own copy of the workbook or a copy of the selected exercises being covered in the current session.

#### 夫妇练习本

当给伴侣们意见回馈时，每个人都应该带著他的练习本或著副印本涵盖本次课程进行的特定活动。

#### Homework 作业

- The 8-Session outline suggests assigning homework following each session. Couples should be instructed to review and discuss the material covered in the Couple's Workbook at home. Hold couples accountable to completing their homework each week.

八堂课的大纲建议在每次课程后都给相关作业。伴侣们应被告知回家要复习和讨论在夫妇练习本中的内容。让伴侣们能尽责任完成每周的作业。

- In some cases, homework will involve completing exercises that were not covered during their time with the facilitator. In other cases, they will be instructed to discuss and/or practice the newly presented concepts and skills at home.

有时作业是需要完成并没有在和引导员面谈时间内涵盖的部份。也有时是需要他们回家讨论或练习新的概念或技巧。

- Take approximately 5-10 minutes at the beginning of each session to check in with a couple about how their homework experience has gone, and answer any new questions that have arisen. In some cases it may be necessary to repeat/review certain concepts and skills.  
在每次课程开始前先花大约 5-10 分钟确认伴侣们作业进行的情况和回答他们任何因而产生的新问题。有时是必要重复/复习某些概念和技巧的。

<b>Session 课程</b> (60-90 min.分)	<b>Report Topics 报告的议题</b>	<b>Couple's Workbook 夫妇练习本</b>	<b>Homework 作业</b>
<b>1</b>	<b>Strength &amp; Growth Areas Relationship Dynamics Communication</b> 长处和成长的部分 关系性互动沟通	p.2 Sharing Strength & Growth Areas 分享长处和成长的部分 p.4 Creating a Wish List 制作愿望单	<ul style="list-style-type: none"> <li>➤ p. 5 Daily Dialogue &amp; Daily Compliments 日常对话和赞美</li> <li>➤ Practice Assertiveness &amp; Active Listening 练习确信和积极的聆听</li> <li>➤ Review and discuss pages 2-4 复习和讨论 2-4 页</li> </ul>
<b>2</b>	<b>Personal Stress Profile</b> 个人压力的概况	p.6 Identifying Most Critical Issues 确认最重要的课题 p.7 Balancing Your Priorities 平衡你的优先顺位 p.8 Wedding Stress (if applicable) 婚礼压力（若适用）	<ul style="list-style-type: none"> <li>➤ Review the Balancing Your Priorities exercise at home 在家复习平衡你的优先顺位练习</li> <li>➤ Review and discuss pages 6-8 复习和讨论 6-8 页</li> </ul>
<b>3</b>	<b>Conflict Resolution Relationship Dynamics</b> 解决冲突 关系性互动	p.9 Ten Steps for Conflict Resolution 十个步骤解决冲突 p.10 How to Take a Time-Out 如何提出暂停 p.11 Seeking & Granting Forgiveness 寻求和给予原谅	<ul style="list-style-type: none"> <li>➤ Practice 10 Steps for Conflict Resolution with a current issue 找目前有的问题来练习十个步骤解决冲突</li> <li>➤ Review and discuss pages 9-11 复习和讨论 9-11 页</li> </ul>
<b>4</b>	<b>Financial Management</b> 财务管理	p.12 The Challenge of Money 金钱上的挑战 p.13 Importance of Financial Goals 财务目标的重要性 p.15 The Meaning of Money 金钱的意义	<ul style="list-style-type: none"> <li>➤ p. 14 Complete the Budget Worksheet 完成预算表</li> <li>➤ Review and discuss pages 12-15 复习和讨论 12-15 页</li> </ul>
<b>5</b>	<b>Sex and Affection Relationship Roles Leisure Activities</b> 性和亲密关系的角色 休闲活动	p.17 The Expression of Intimacy 亲密关系的表达 p.18 Sharing Roles 分享的角色	<ul style="list-style-type: none"> <li>➤ p.16 Complete the Dating Exercise 完成约会活动</li> <li>➤ Review and discuss pages 16-18 复习和讨论 16-18 页</li> </ul>
		p.20 Managing Your Expectations	<ul style="list-style-type: none"> <li>➤ p.19 Your Spiritual Journey*</li> </ul>

6	<b>Marriage Expectations Children &amp; Parenting Spiritual Beliefs*</b> 婚姻期望 孩子和父母 属灵信仰	管理你的期望 p.21 Couple Discussion about Children 伴侣共同讨论「孩子」议题 p.21 Planning a Weekly Family Conference 计画每周的家庭会议 p.22 Stepfamilies: Choosing Realistic Expectations (if applicable) 再婚家庭：选择实际的期望（若适用）	你的灵性旅程 ➤ Review and discuss pages 19-22 复习和讨论 19-22 页
7	<b>Couple Map Family Map</b> 佳偶地图 家庭地图	p.23 Mapping Your Relationship 关系性构图 p.25 Closeness Exercises 练习亲近 p.26 Flexibility Exercises 练习弹性	➤ Practice Closeness & Flexibility as indicated 按著指示练习亲近和弹性 ➤ Review and discuss pages 23-26 复习和讨论 23-26 页
8	<b>Personality SCOPE</b> 人格观望镜	p.27 SCOPE Out Your Personality 发现自己的人格特质 p.28 Achieving Your Goals . . . Together 一起...达成你们的目标	➤ Review and discuss pages 27-28 复习和讨论 27-28 页 ➤ Discuss what you learned from this program 讨论你从这课程学了什么

\* Those working with state or federal funding may choose to skip the Spiritual Beliefs exercise due to mandated restrictions.  
 那些州或政府资助单位基于法令限制可以选择跳过属灵信仰的练习