Hope-Focused marriage/Couple/Relationship Enhancement/Enrichment


Jakubowski, Milne, Brunner, and Miller (2004) review marital enrichment programs in *Family Relations*, one of the two journals of the National Council on Family Relations. Jakubowski et al list hope-focused enrichment as one of four *empirically supported treatments* (ESTs) in marital enrichment. ESTs are the highest designation. The four EST programs are PREP (Howie Markman and Scott Stanley), Relationship Enhancement (Bernard Guerney), Couple Communication Program (Sherod Miller), and Strategic Hope-focused Enrichment (Everett Worthington). In the article, Jakubowski et al. identify three programs as *possibly efficacious* (the next most rigorous level of evidence-based support): Couple CARE, ACME, and CCET. Jakubowski et al. identify the following as *empirically untested* as far as the criteria for evaluating ESTs was concerned: Structured enrichment, marriage encounter, PAIRS, Imago, Traits of a Happy Couple, and SYMBIS.

Here are the Writings, to date, for Hope-focused marriage (or relationship) enrichment:

**Books**


Translated into Chinese (1997), Taipei, Taiwan, R.O.C.: Campus Evangelical Fellowship.
Translated into Korean (2001), Seoul, Korea. The Presbyterian Church of Korea.

**Articles and Chapters**

*indicates empirical study


**Ongoing Research**

This funded research has compared the communication and conflict management portions of Hope-focused marriage enrichment with the forgiveness and reconciliation portions in early married couples.


Supplemental grant from NIH General Clinical Research Center Grants 5M01 RR000065-410535 (approx. $10,000 in assays for validity pilot study; approx. $10,000 in assays for the pilot study; approx. $80,000 in assays for main study).

We have recently been notified that I have received an $11,000 grant from the John Fetzer Institute to complete the analysis of the data collected under the sponsorship of the John Templeton Foundation.

Closely Related Research

Worthington has developed an intervention to promote forgiveness and a closely related intervention, which subsumes the first, to promote forgiveness and reconciliation. The first is a psychoeducational group intervention to REACH forgiveness. The second is called Forgiveness and Reconciliation through Experiencing Empathy (FREE), and it includes training in REACH within one step of the FREE protocol. Those interventions have almost reached the status of empirically supported treatments, themselves.

Books


**Articles and Chapters**

*indicates empirical study  
+indicates forgiveness in marriage  
#indicates psychoeducational group

**Empirical Study, Marriage**


**Empirical Study, Psychoeducational Group**


**Other Writing on Forgiveness Interventions**


