

Hope-Focused marriage/Couple/Relationship Enhancement/Enrichment

Jakubowski, S. F., Milne, E. P., Brunner, H., & Miller, R. B. (2004). A review of empirically supported marital enrichment programs. *Family Relations*, 53, 528-536.

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

Worthington, E.L., Jr. (2005). *Hope-focused marriage counseling: A guide to brief therapy*, rev. ed. Downers Grove, IL: InterVarsity Press.

Worthington, E. L., Jr. (1999). *Hope-focused marriage counseling: A guide to brief therapy*. Downers Grove, IL: InterVarsity Press.
Translated into Portugese by Editora Sepal, Sao Paulo, SP, Brasil, 2000.
Translated into Chinese: [trans. Shek Choi Yin]. Hong Kong: Fung Sau Chung.

Worthington, E. L., Jr. (1994). *I care about your marriage: Helping friends or family members with marital difficulties*. Chicago: Moody Press.

McMurry, D., & Worthington, E.L., Jr. (1994). *Value your mate*. Grand Rapids, MI: Baker Book House.

Translated into Chinese by Genevieve Hsu. Tien Dao Publishing House,

Ltd.

Worthington, E.L., Jr., & McMurry, D. (1994). *Marriage conflicts*. Grand Rapids, MI: Baker Book House.

Worthington, E.L., Jr. (1989). *Marriage counseling: A Christian approach to counseling couples*. Downers Grove, IL: InterVarsity Press.

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

Worthington, E. L., Jr., Ripley, J. S., Hook, J. N., & Miller, A. J. (2010). Hope-focused marriage approach: Repairing and maintaining the emotional bond. In G. Olschlager & T. Clinton (Eds.), *Caring for people in marriage and family life* (pp.), in press.

*Hook, J. N., & Worthington, E. L., Jr. (2009). Christian couple counseling by professional, pastoral, and lay counselors from a Protestant perspective: A nationwide survey. *American Journal of Family Therapy*, 37, 169-183.

Worthington, E. L., Jr. (2008). Hope in Christian couple counseling. *AACC Marriage and Family Network Newsletter*, 3(1), 1, 4.

Worthington, E. L., Jr., Ripley, J. S., Hook, J. N., & Miller, A. J. (2007). The hope-focused approach to couple therapy and enrichment. *Journal of Psychology and Christianity*, 26, 132-139.

Worthington, E.L., Jr., Mazzeo, S.E., & Canter, D.E. (2005). Forgiveness-promoting approach: Helping clients REACH forgiveness through using a longer model that teaches reconciliation. In Len Sperry and Edward P. Shafranske (Eds.), *Spiritually-oriented psychotherapy* (pp. 235-257). Washington, D.C.: American Psychological Association.

*Burchard, G.A., Yarhouse, M.A., Worthington, E.L., Jr., Berry, J.W., Killian, M., & Canter, D.E. (2003). A study of two marital enrichment programs and couples' quality of life. *Journal of Psychology and Theology*, 31, 240-252.

Worthington, E.L., Jr. (2003). Hope-focused marriage. Recommendations for researchers and church workers. *Journal of Psychology and Theology*, 31, 231-239.

*Ripley, J.S., & Worthington, E.L., Jr. (2002). Hope-focused and forgiveness group interventions to promote marital enrichment. *Journal of Counseling and Development*, 80, 452-463.

Worthington, E.L., Jr. (2002). Aconselhando Relacionamentos [Relationship counseling]. *Aconselhamento: O Jornal do Aconselhamento Crisao Evangelico no Brasil [Brazilian Journal of Counseling]*, 1, 39-48. [original article, translated into Portugese by Robson Gomes]

Worthington, E.L., Jr., & Ripley, J.S. (2002). Christian marriage and marital counseling: Promoting hope in lifelong commitments. In T. Clinton & G. Ohlschlager (Eds.), *Competent Christian counseling: Practicing and pursuing compassionate soul care, Vol. 1* (pp. 455-474). Denver: Waterbook Press.

- *Worthington, E.L., Jr., Hight, T.L., Ripley, J. S., Perrone, K.M., Kurusu, T.A., & Jones, D.R. (1997). Strategic hope-focused relationship-enrichment counseling with individual couples. *Journal of Counseling Psychology, 44*, 381-389.
- *Worthington, E. L., Jr., McCullough, M. E., Shortz, J. L., Mindes, E. J., Sandage, S. J., & Chartrand, J. M. (1995). Can marital assessment and feedback improve marriages? Assessment as a brief marital enrichment procedure. *Journal of Counseling Psychology, 42*, 466-475.
- Worthington, E. L., Jr. (1996). Marriage counseling: A Christian approach. In Everett L. Worthington, Jr. (Ed.), *Christian marital counseling: Eight approaches to helping couples* (pp. 159-185). Grand Rapids, MI: Baker Book House.
- Worthington, E. L., Jr. (1994). Marriage counseling: A Christian approach. *Journal of Psychology and Christianity, 13*, 166-173.
- Worthington, E. L., Jr. (1991). Marriage counseling with Christian couples. In G. R. Collins (Ed.), *Case studies in Christian counseling* (pp. 72-97). Dallas: Word.
- Worthington, E. L., Jr. (1991). A primer for intake interviews with couples. *American Journal of Family Therapy, 19*, 344-350.
- Worthington, E. L., Jr. (1990). Marriage counseling: A Christian approach to counseling couples. *Counseling and Values, 35*, 3-15.
- Worthington, E. L., Jr. (1990). Marriage counseling: Worthington's reply to responses. *Counseling and Values, 35*, 21-23.
- *Worthington, E. L., Jr., Buston, B. G., & Hammonds, T. M. (1989). A component analysis of marriage enrichment: Information and treatment modality. *Journal for Counseling and Development, 67*, 555-560.
- *Hammonds, T. M., & Worthington, E. L., Jr. (1985). The effect of facilitator utterances on participant responses in a brief ACME-type marriage enrichment group. *American Journal of Family Therapy, 13* (2), 59-69.

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.

Worthington, E. L., Jr. (PI) (Aug 1, 1997-Aug 1, 2001). *Forgiveness, humility, and gratitude in recently married couples: An intervention study of some important laws of life*. The John Templeton Foundation, grant # 239, \$295,068.(years 1 and 2).

Extension, \$10,900. (pilot study). Extension, \$105,457 (year 3). Extension, \$53,546 (year 4). Total award = \$464,972.

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

Worthington, E.L., Jr. (2009). *A just forgiveness: Responsible healing without excusing injustice*. Downers Grove, IL: InterVarsity Press.

Worthington, E. L., Jr. (2008). *Steps to REACH forgiveness and to reconcile*. Boston: Pearson Custom Publishing.

Reissue: Worthington, E. L., Jr. (2001). *Five steps to forgiveness: The art and science of forgiving*. New York: Crown Publishers.

Worthington, E.L., Jr. (2006). *Forgiveness and reconciliation: Theory and application*. New York: Brunner/Routledge.

Worthington, E.L., Jr. (2005). *The power of forgiveness*. Philadelphia: Templeton Foundation Press.

Worthington, E.L., Jr. (Ed.). (2005). *Handbook of forgiveness*. New York: Brunner-Routledge.

Worthington, E.L., Jr. (2003). *Forgiving and reconciling: Bridges to wholeness and hope*. Downers Grove, IL: InterVarsity Press.

Worthington, E.L., Jr. (2001). *Five steps to forgiveness: The art and science of forgiving: Bridges to wholeness and hope*. New York: Crown Publishers.

Worthington, E.L., Jr. (Ed.). (1998). *Dimensions of forgiveness: Psychological research and theological perspectives*. Philadelphia: The Templeton Foundation Press.

McCullough, M. E., Sandage, S. J., & Worthington, E. L., Jr. (1997). *To forgive is human: How to put your past in the past*. Downers Grove, IL: InterVarsity Press.

Translated into Chinese (1999) by InterVarsity Press, Yuan-Lion Publishing Co.

Translated into Hungarian (2005), [trans. J. Fustos Erika]. Harmat Kiado.

Articles and Chapters

*indicates empirical study

+indicates forgiveness in marriage

#indicates psychoeducational group

Empirical Study, Marriage

Worthington, E. L., Jr., Berry, J. W., Miller, A. J., Sharp, C. B., Canter, D. E., Hook, J. N., Davis, D. E., Scherer, M. Campana, K. L., Wade, N. G., Yarhouse, M., & Ripley, J. S. (2008). Relative efficacy of interventions to promote forgiveness-reconciliation and communication-conflict-resolution versus retested controls in early married couples.

*+ Burchard, G.A., Yarhouse, M.A., Worthington, E.L., Jr., Berry, J.W., Killian, M., & Canter, D.E. (2003). A study of two marital enrichment programs and couples' quality of life. *Journal of Psychology and Theology*, 31, 240-252.

*+ Ripley, J.S., & Worthington, E.L., Jr. (2002). Hope-focused and forgiveness group interventions to promote marital enrichment. *Journal of Counseling and Development*, 80, 452-463.

Empirical Study, Psychoeducational Group

*#Sandage, S. J., & Worthington, E. L., Jr. (2010). Comparison of two group interventions to promote forgiveness: Empathy as a mediator of change. *Journal of Mental Health Counseling*, 32(1), 35-57.

*#Worthington, E. L., Jr., Hunter, J. L., Sharp, C. B., Hook, J. N., Van Tongeren, D. R., Davis, D. E., Miller, A. J., Gingrich, F. C., Sandage, S. J., Lao, E., Bubod, L., & Monforte-Milton, M. M. (2010). A psychoeducational intervention to promote forgiveness in Christians in the Philippines. *Journal of Mental Health Counseling*, 32(1), 75-93.

*#Kiefer, R. P., Worthington, E. L., Jr., Myers, B., Kliewer, W. L., Berry, J. W., Davis, D. E., Kilgour, J., Jr., Miller, A. J., Van Tongeren, D. R., & Hunter, J. L. (2010). Training parents in forgiveness and reconciliation. *American Journal of Family Therapy*, in press.

*#Blocher, W.-m. G., & Wade, N. G. (2010). Sustained effectiveness of two brief group interventions: Comparing an explicit forgiveness-promoting treatment with a process-oriented treatment. *Journal of Mental Health Counseling*, 32(1) 58-74.

*# Wade, N.G., Worthington, E.L., Jr., & Haake, S. (2009). Promoting forgiveness: Comparison of explicit forgiveness interventions with an alternative treatment. *Journal of Counseling and Development*, 87(1), 143-151.

*#Stratton, S. P., Dean, J. B., Nooneman, A. J., Bode, R. A., & Worthington, E. L., Jr. (2008). Forgiveness interventions as spiritual development strategies: Workshop training, expressive writing about forgiveness, and retested controls. *Journal of Psychology and Christianity*, 27, 347-357.

*# Lampton, C., Oliver, G., Worthington, E.L., Jr., & Berry, J.W. (2005). Helping Christian college students become more forgiving: An intervention study to promote forgiveness as part of a program to shape Christian character. *Journal of Psychology and Theology*, 33, 278-290.

*# Worthington, E.L., Jr., Kurusu, T.A., Collins, W.B., Berry, J.W., Ripley, J.S., & Baier, S.N. (2000). Forgiving usually takes time: A lesson learned by studying interventions to promote forgiveness. *Journal of Psychology and Theology*, 28, 3-20.

*# McCullough, M.E., Worthington, E.L., Jr. & Rachal, K.C. (1997). Interpersonal forgiveness in close relationships. *Journal of Personality and Social Psychology*, 75, 321-326.

*# McCullough, M. E., & Worthington, E. L., Jr. (1995). Promoting forgiveness: A comparison of two psychoeducational group interventions with a waiting-list control. *Counseling and Values*, 40, 55-68.

Other Writing on Forgiveness Interventions

Worthington, E. L., Jr., & Aten, J. (2010). Forgiveness and reconciliation. In Erin Martz (Ed.), *Post-conflict rehabilitation: Creating a trauma membrane for individuals and communities and restructuring lives after trauma* (pp.). New York: Springer, in press.

Worthington, E. L., Jr., Davis, D. E., Hook, J. N., Miller, A. J., Gartner, A. L., & Jennings, D. J., II. (2010). Promoting forgiveness as a religious or spiritual intervention. In J. D. Aten, M. R. McMinn, & E. L., Worthington, Jr. (Eds.). *Spiritually oriented interventions for counseling and psychotherapy* (pp.). Washington, D. C.: American Psychological Association, in press.

Worthington, E. L., Jr., Hook, J. N., Davis, D. E., Gartner, A. L., & Jennings, D. J., II (2009). REACH: An Evidence-based Group Intervention to Help Christians Forgive Empirically supported Christian treatments for counseling. *Christian Counseling Connection*, 16(4), 9-10.

Worthington, E. L., Jr. (2008). Empirical research on forgiveness with Christians: What have we learned? *Journal of Psychology and Christianity*, 27, 368-370.

Worthington, E. L., Jr., Scherer, M., Hook, J. N., Davis, D. E., Gartner, A. L., Campara, K., & Sharp, C. B. (2007). Adapting a secular forgiveness intervention to include religion and spirituality. *Counselling and Spirituality*, 26, 171-186.

Worthington, E.L., Jr., Scherer, M., & Cooke, K.L. (2006). Forgiveness in alcohol dependence, abuse, and their treatment. *Alcoholism Treatment Quarterly*, 24, 125-145.

[Reprinted in Worthington, E. L., Jr., Scherer, M., & Cooke, K. L. (2006). Forgiveness in alcohol dependence, abuse, and their treatment. In B. B. Benda & T. F. McGovern (Eds.), *Spirituality and religiousness and alcohol/other drug problems: Treatment and recovery perspectives* (pp. 125-145). New York: Haworth Press.]

Wade, N.G., & Worthington, E.L., Jr. (2005). In search of a common core: A content analysis of interventions to promote forgiveness. *Psychotherapy: Theory, Research, Practice, Training*, 42, 160-177.

Wade, N.G., Worthington, E.L., Jr., & Meyer, J. (2005). But do they work? A meta-analysis of group interventions to promote forgiveness. In Everett L. Worthington, Jr. (Ed.), *Handbook of forgiveness* (pp. 423-440). New York: Brunner-Routledge.

Worthington, E.L., Jr. (2005). Helping people forgive: Getting to the heart of the matter. In T. Clinton, A. Hart, & G. Ohlschlager (Eds.), *Caring for people God's way: Personal and emotional issues, addictions, grief, and trauma* (pp. 121-144). Nashville, TN: Nelson Reference and Electronic.

+ Worthington, E.L., Jr., Mazzeo, S.E., & Canter, D.E. (2005). Forgiveness-promoting approach: Helping clients REACH forgiveness through using a longer model that teaches reconciliation. In Len Sperry and Edward P. Shafranske (Eds.), *Spiritually-oriented psychotherapy* (pp. 235-257). Washington, D.C.: American Psychological Association.

Worthington, E.L., Jr., O'Connor, L.E., Berry, J.W., Sharp, C.B., & Murray, R., & Yi, E. (2005). Compassion and forgiveness: Implications for psychotherapy. In Paul Gilbert (Ed.), *Compassion: Nature and use in psychotherapy* (pp. 168-192). East Sussex, England: Psychology Press.

+ Worthington, E.L., Jr., & Drinkard, D.T. (2000). Promoting reconciliation through psychoeducational and therapeutic interventions. *Journal of Marital and Family Therapy*, 26, 93-101.

Worthington, E.L., Jr., Sandage, S. J., & Berry, J.W. (2000). Group interventions to promote forgiveness: What researchers and clinicians ought to know. In M.E. McCullough, K.I. Pargament, & C.E. Thoresen (Eds.), *Forgiveness: Theory, research and practice* (pp. 228-253). New York: Guilford Press.

Worthington, E.L., Jr., & Wade, N.G. (1999). The social psychology of unforgiveness and forgiveness and implications for clinical practice. *Journal of Social and Clinical Psychology, 18*, 385-418.

Worthington, E.L., Jr. (1998). The Pyramid Model of Forgiveness: Some interdisciplinary speculations about unforgiveness and the promotion of forgiveness. In Worthington, E.L., Jr. (Ed.), *Dimensions of forgiveness: Psychological research and theological perspectives* (pp. 107-137). Philadelphia: The Templeton Foundation Press.

+ Worthington, E. L., Jr. (1998). An empathy-humility-commitment model of forgiveness applied within family dyads. *Journal of Family Therapy, 20*, 59-76.

McCullough, M. E., & Worthington, E. L., Jr. (1994). Models of interpersonal forgiveness and their applications to counseling: Review and critique. *Counseling and Values, 39*, 2-14.

+Worthington, E. L., Jr., & DiBlasio, F. A. (1990). Promoting mutual forgiveness within the fractured relationship. *Psychotherapy, 27*, 219-223.