RESOURCES FOR PROGRAMS and GROUP STUDIES – available in New England

-SOURCE CODES –
Because the New England Conference Resource Library has been closed down, materials have been placed with the following volunteers. Those still marked [NEC] have not been located. If you know where they are, please notify Jane Ives, as below.

[Ives] Available from Jane Ives, 207-797-8930, janepives@gmail.com
[Webster] Available from Bob & Linda Webster, 207-809-9695, blwebby@yahoo.com
[Williams] Available from Colleen Williams, cwilliams@preachersaid.org

[BUST] These resources are now housed at Boston University School of Theology Library. They are available through Inter-Library Loan from your local library. NOTE: You may be told that there will be a $20 fee for borrowing these books, but BUST has waived their usual charge for the books in the “Ives Collection.” Your local librarian should see this when placing the order, but if not, please contact Amy Limpitlaw, Head Librarian (ael23@bu.edu or 617-353-1321).

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For Special Situations, Transition, and Crises – p. 12

FOR MARRIAGE AND FAMILY IN GENERAL

• **Children of Divorce National Desk** PBS Video This 60-minute video documents the terrible effect of our divorce culture on children and advocates for marriage-strengthening initiatives. [NEC]

• **Communities and Congregations** by Richard Marks; *First Things First* by Julie Baumgardner, and *Citizen Marriage* by Bill Doherty. This videotape includes three presentations illustrating how congregations and communities can take responsibility for strengthening marriages and families. [IVES]

• **Marriage Savers Resource Collection: Proven Ways to Prevent Divorce**, (Marriage Savers, Inc. 9311 Harrington Dr., Potomac, MD 20854, 301-469-5873, Mike@marriagesavers.org, www.marriagesavers.org) This kit contains a Study Guide, Leader’s Guide, and six video tapes related to each area of a comprehensive marriage

[Websters]

- **Smart Marriages 2009 Conference** Playback Now DVDs and MP3 disks. [BUST]

  **DVDs:**
  001 Five Love Languages; 003 Yes, We Can;
  004 Living With Cohabitation; 005 Generosity and Thrift, Money Habitudes;
  006 I Say a Little Prayer For You; 007 Mars and Venus in the Bedroom;
  008 Mating in Captivity, Couples Sexual Styles; 009 Infidelity ing, Close Calls;
  010 Marriage: An Inside Job; 011 Imago Dialogue Live;
  012 Hold Me Tight; 013 Shared Goals, Boomers on the Edge;
  014 Saturday Night –Marriage Rally Teach In.

  **MP3s:** (each contains a group of presentations or workshops)
  - Plenary Sessions; 200 Series Thursday AM (2 disks);
  - 300 Series Thursday PM (2 disks); 400 Series Friday AM (2 disks);
  - 500 Series Friday PM (2 disks); 600 Series Saturday AM (2 disks);
  - 700 Series Saturday PM (2 disks); 800 Series Saturday PM (2 disks)

- **Smart Marriages 2010 Conference, Playback Now DVDs and MP3 disks** [Ives]

**FOR PARENTING**

- **Active Christian Parenting: Practical Skills for the Preschool to Preteen Years**
  by Michael H. Popkin. Combines skill-based parenting strategies with a focus on Christian values and practice, giving parents the tools they need to improve their parenting skills and foster their children's faith development. 6-session kit for small groups with 2 videos (each 30 min of vignettes), leader's guide, parent's guide (1 included, order 1 per parent) and promotional package. [NEC]

- **Active Parenting, by Michael H. Popkin.** This video-based program for parent education teaches how to be an active parent by understanding your child, instilling courage, developing responsibility, winning cooperation, and a becoming a democratic family in action. Comes with handbook, leader's guide, action guide, promotional guide and newsletter. [NEC]

- **Active Parenting Now in the Faith Community: A Biblical and Theological Guide,** by Freda Gardner, revised by Bruch and Carolyn Winfrey Gillette (Atlanta: Active Parenting Publishers, Inc., 2003) This guide provides a general introduction and specific material for each session of Active Parenting Now, adding religious insights and language to the
program described above. Includes reproducible handouts.  

[Williams]

- **Connections and PREP: Relationships and Marriage**: Interpersonal Relationship Program for Secondary Students (Berkeley, CA: The Dibble Institute for Marriage Education, revised 2003), 800-695-7975, skills@dibbleinstitute.org, free sample lessons at www.DibbleInstitute.org, see also www.BuildingRelationshipSkills.org. Instructor’s and Student Manuals provide complete resources for eighteen one-hour sessions for those in grades 11 to 14, offering practical tools for understanding and making wise decisions about relationships and marriage. The course incorporates materials from PREP dealing with self-awareness, communication, and conflict management and also includes a “marriage game.” Although designed for use in public schools, the teachings are clearly compatible with Christian teaching and are easily adapted for use in church settings by adding appropriate worship moments. Lessons may be combined into fewer sessions.  

[ROLLING RIDGE]

- **Created by God: About Human Sexuality for Older Boys and Girls**, by James Ritchie (Nashville: Abingdon Press, 2009). This updated resource emphasizes a healthy biblical and Christian perspective on human sexuality, relationships, and values for “tweens.” A Leader’s Guide CD-ROM and a DVD provide guidance for planning, promotion, and leading of the program. The Student Book and Parent Guide provide information for individual study, for parent-child discussion, and for group study. Other resources are listed in the back of the Parent Guide. Order additional materials through Cokesbury (800-672-1789).  

[Note: Rev. Leslie Hastings, a certified leader for Active Parenting Now and Active Parenting of Teens, has extensive experience leading Creating by God. Contact her at 413-566-1234 or leslieahastings@gmail.com for more information and assistance with using this program.]  

[NEC]

- **Dating and Emotions** (2010) helps thirteen- through seventeen-year-olds learn how relationships develop, how to communicate effectively, how to deal with emotions, and other interpersonal skills. Part of The Connections Series, by Charlene R. Kamper (Berkley, California: The Dibble Institute for Marriage Education, 1996, 1999, 2004, 2010), which consists of two complete ready-to-teach programs designed to help teens learn skills essential for healthy, fulfilling relationships. The second program, titled Relationships and Marriage, is for young adults aged sixteen through twenty. Intended for use in schools, church youth groups, and other youth organizations, available in both religious and non-religious language, the content is based on current research in family life education. Effective teaching methods incorporate games and exercises to deepen understanding and strengthen skills. The Instructor’s Manual provides complete lesson plans for 15 one-hour sessions, transparency and handout masters, activity and game cards, and a sample student workbook. Order extra student workbooks from The Dibble Institute for Marriage Education, P.O. Box 7881, Berkeley, California, 94707-0881, 800-695-7975, FAX: 972-226-2824, Relationshipskills@DibbleInstitute.org  

[ROLLING RIDGE]
• **Parenting with Intimacy: Experiencing Great Commandment Love in Your Family**, by David Ferguson, Teresa Ferguson, Paul Warren, and Vicki Warren (Austin, TX: Relationship Press, 1995). This Biblically-based and practical handbook shows parents how to give their children what they really need, heal hurts, respond lovingly to misbehavior, and strengthen family relationships. Each chapter includes exercises and assignments for individuals, couples, or for group study. You can find companion resources (videos, audios, and a teaching curriculum) at [www.GreatCommandment.net](http://www.GreatCommandment.net).

RELATIONSHIP EDUCATION FOR CHILDREN, YOUTH, AND SINGLE ADULTS

• **Connections and PREP: Relationships and Marriage**: Interpersonal Relationship Program for Secondary Students (Berkeley, CA: The Dibble Institute for Marriage Education, revised 2003), 800-695-7975, [skills@dibbleinstitute.org](mailto:skills@dibbleinstitute.org), free sample lessons at [www.DibbleInstitute.org](http://www.DibbleInstitute.org), see also [www.BuildingRelationshipSkills.org](http://www.BuildingRelationshipSkills.org). Instructor's and Student Manuals provide complete resources for eighteen one-hour sessions for those in grades 11 to 14, offering practical tools for understanding and making wise decisions about relationships and marriage. The course incorporates materials from PREP dealing with self-awareness, communication, and conflict management and also includes a "marriage game." Although designed for use in public schools, the teachings are clearly compatible with Christian teaching and are easily adapted for use in church settings by adding appropriate worship moments. Lessons may be combined into fewer sessions.

• **Created by God: About Human Sexuality for Older Boys and Girls**, by James Ritchie (Nashville: Abingdon Press, 2009). This updated resource emphasizes a healthy biblical and Christian perspective on human sexuality, relationships, and values for “tweens.” A [Leader’s Guide CD-ROM](mailto:leader@dibbleinstitute.org) and a [DVD](mailto:dvd@dibbleinstitute.org) provide guidance for planning, promotion, and leading of the program. The [Student Book](mailto:student@dibbleinstitute.org) and [Parent Guide](mailto:parent@dibbleinstitute.org) provide information for individual study, for parent-child discussion, and for group study. Other resources are listed in the back of the Parent Guide. Order additional materials through Cokesbury (800-672-1789). [Note: Rev. Leslie Hastings, a certified leader for Active Parenting Now and Active Parenting of Teens, has extensive experience leading Creating by God. Contact her at 413-566-1234 or [leslieahastings@gmail.com](mailto:leslieahastings@gmail.com) for more information and assistance with using this program.]

• **Dating and Emotions** (2010) helps thirteen- through seventeen-year-olds learn how relationships develop, how to communicate effectively, how to spot destructive patterns, how to deal with emotions, and other interpersonal skills. Part of The Connections Series, by Charlene R. Kamper (Berkley, California: The Dibble Institute for Marriage Education, 1996, 1999, 2004, 2010), which consists of two complete ready-to-
teach programs designed to help teens learn skills essential for healthy, fulfilling relationships. The second program, titled **Relationships and Marriage**, is for young adults aged sixteen through twenty. Intended for use in schools, church youth groups, and other youth organizations, available in both religious and non-religious language, the content is based on current research in family life education. Effective teaching methods incorporate games and exercises to deepen understanding and strengthen skills. The Instructor’s Manual provides complete lesson plans for 15 one-hour sessions, transparency and handout masters, activity and game cards, and a sample student workbook. Order extra student workbooks from The Dibble Institute for Marriage Education, P.O. Box 7881, Berkeley, California, 94707-0881, 800-695-7975, FAX: 972-226-2824, Relationshipskills@DibbleInstitute.org


- **Love U2: Dating Smarts: A Bit More Than Friends for Younger Teens**. The Instructor’s Manual details six one-hour sessions to help youth in grades 5 through 8 explore attraction, infatuation, rejection, and other aspects of budding relationships. Highly engaging activities teach what to say and do when dating, as well as how to build a good relationship. This is one of the LoveU2 Series: by Marline F. Pearson (Berkeley, CA: The Dibble Institute for Marriage Education, 2004), 800-695-7975, skills@dibbleinstitute.org, www.BuildingRelationshipSkills.org, www.DibbleInstitute.org. These courses may be used separately or in sequence or by combining key lessons from each. They are designed for use in public settings but completely compatible with Christian teachings and easily adapted by adding worship moments before, during, and/or after sessions. Sample lessons available at websites. [Williams]

- **Money Habitudes for Teens: Get a Jump on Your Habits and Attitudes about Money**, by Syble Solomon (LifeWise, 2007, www.moneyhabitudes.com, 888-833-4331). This set of cards may be used by individuals or as part of a group activity to help youth determine the values and attitudes that guide their thoughts and actions in regard to saving, spending, and dealing with debt and money in general. After a card sorting activity, participants discover the challenges and advantages of each financial type (Spontaneous, Status, Giving, Security, Carefree, and/or Planning) and learn ways to work toward a healthy balance. Since differences in attitudes toward and use of money are primary causes of conflict in intimate relationships, teens benefit by developing increased self-understanding and the ability to discuss differences with others. [Ives]
• **PICK a Partner: Premarital Interpersonal Choices and Knowledge (How to Avoid Falling in Love With a Jerk),** by John Van Epp, PhD. (1997-2008) This set of 2 DVDs provides five 50-minute presentations of a plan for pacing a relationship and for exploring the key areas that foreshadow what a potential partner will be like in marriage. Participants can write in the accompanying workbook. Magnetic boards illustrate the five aspects of a relationship that need to be built in sequence: knowing, trusting, relying, committing, and sexual touch. The website offers training information, workbooks, and resources for helping singles and singles again to build healthy relationships by using both their heads and their hearts. [www.lovethinks.com](http://www.lovethinks.com).

[Williams]

• **Prepare – Enrich – Inspire for Teens,** by Jessica Nixon Poole and Amy Olson-Sigg (Berkeley, CA: The Dibble Institute, 2011). This complete “teach-out-of-the-box” curriculum kit includes a three-ring binder with a Leader’s Guide section containing reproducible handouts, scripted lesson plans for ten 60- to 90-minute sessions, a CD with Instructor’s Kit Resources and Powerpoint slides, and a sample copy of the Student Journal. Based on research from the PREPARE/ENRICH inventories, the lessons focus on self-awareness, love and attraction, dating, families, and marriage and teach the skills necessary for building healthy relationships: communication, conflict resolution, and planning. In addition, optional supplementary materials address topics such as finances, parenthood, and family of origin. Pre- and post-assessments provide measures of student learnings. The materials are flexible enough for use in a variety of settings and formats. For more information and to purchase the Student Journals for each participant, contact the Dibble Institute, P.O. Box 7881, Berkeley, CA 94707-0881; 800-695-7975, relationshipskills@dibbleinstitute.org or [www.BuildingRelationshipSkills.org](http://www.BuildingRelationshipSkills.org).

[Webster]

• **Teen Relationships and Romance: Skill Sets #1, 50 Group Activities,** by Jessica Nixon Pool and Amy Olson-Sigg (Berkeley, CA: The Dibble Institute, 2011). These activities are designed to “introduce, extend, reinforce, follow up, and/or review topics” covered in other relationship studies or may just be used on their own. Each requires only minimal preparation, may be completed in 10 to 25 minutes, and may be extended by discussion if time allows.

[NEC]

• **Things to Know Before You Say “Go:” Powerful Questions to Ask Before You Give Your Heart Away,** by Elizabeth Martindale, Psy.D. (Berkeley, CA: The Dibble Institute, 2011). This attractively packaged set of cards and accompanying Activity Book with reproducible handouts provide a fun and engaging way to explore romantic relationships and make wise decisions about actual or potential partners. Discussions, games, interviews and a variety of interesting activities help young people consider a number of important issues: “Can this person accept things about me I am unable or unwilling to change?” “How does this person deal with disappointment and loss?” “Do I like how this person responds when I am hurting or upset?” “Does this person follow
through on commitments and obligations?” The Dibble Institute, 800-695-7975, RelationshipSkills@DibbleInstitute.org, www.DibbleInstitute.org. [ROLLING RIDGE]


FOR ENGAGED COUPLES AND NEWLY-WEDS

- **10 Great Dates Before You Say “I Do,”** by David and Claudia Arp and Curt and Natelle Brown (Grand Rapids, MI: Zondervan, 2003). The authors provide 10 brief chapters discussing issues relevant for engaged couples. Each chapter has an accompanying guide and exercises for couples to use during a date to share thoughts and feelings about those issues. These conversations are designed to help couples learn to share hopes and expectations, appreciate their differences, communicate and connect, solve problems as a couple, manage money, develop spiritual intimacy, consider roles and plans for a family, and choose an intentional marriage. [Williams]

- **Money Habitudes: Target Your Habits and Attitudes About Money**, created by Syble Solomon, (LifeWise, 2006, www.moneyhabitudes.com, 888-833-4331). This set of cards may be used by couples or as part of a group activity to help persons determine the values and attitudes that guide their thoughts and actions in regard to saving, spending, and dealing with debt and money in general. Following a card sort activity, participants discover the challenges and advantages of each financial type (Spontaneous, Status, Giving, Security, Carefree, and/or Planning) and ways to achieve a healthy balance. Since differences in attitudes toward and use of money are a primary cause of conflict in marriage, couples benefit by increased understanding of themselves and each other and by learning to discuss their differences and to make mutually agreeable decisions that take those differences into consideration. [Ives]

- **Saving Your Marriage Before It Starts (SYMBIS): Seven Questions to Ask Before –and After – You Marry Curriculum Kit**, by Drs. Les and Leslie Parrott (Grand Rapids, MI: Zondervan, 2006). This kit includes a Leader’s Guide and DVD with video segments for seven approximately 90-minute sessions for engaged and newlywed couples, plus two
additional sessions for use with couples entering into second marriages. In addition, there is one copy each of the Parrott’s expanded and updated book Saving Your Marriage Before it Starts, the Workbook for Men, the Workbook for Women, and the Saving Your Second Marriage Before It Starts Workbook for Men and Workbook for Women. These materials may be used with groups of couples or by individual couples on their own or with a mentor couple. Additional copies of the book and workbooks may be purchased at www.RealRelationships.com or www.zondervan.com. Churches may order by calling 800-727-3480; individuals may order from the website.

[ROLLING RIDGE]

• The First Dance: Managing the People Stress of Wedding Planning, by William J Doherty, Ph.D. This excellent program addresses both the couple and extended family dynamics of wedding planning and offers guidance for addressing issues in ways that lead to healthy relationships and prevent future problems. The DVD can be viewed by a small group or by a couple in their own home in about two hours, allowing some time for discussion. Learn more at www.TheFirstDance.com.

[NEC]

FOR MARRIED COUPLES – EDUCATION AND ENRICHMENT

• 10 Great Dates: Connecting Faith, Love & Marriage, by Peter and Heather Larson and David and Claudia Arp (Minneapolis: Bethany House Publishers, 2013) provides a non-threatening and flexible opportunity for couples to explore and share what is really important to them. Ten chapters address such topics as appreciating our differences, experiencing God, and facing the storms of life. In each chapter, the authors share their thoughts and experiences related to the topic, then offer suggestions for a “Date,” along with two copies of a tear-out worksheet outlining a recommended conversation for the participating couples. Couples are encouraged to read the chapter and fill in their worksheets individually before the date, then to choose a pleasant setting away from distractions in order to focus on the conversation. A “Post-Date Spiritual Discovery” at the end of each chapter suggests ways to build on the conversation. A Leader’s Guide, which may be downloaded free from www.10greatdates.org, offers tips for using this resource as a group study. Couples could be asked to read each chapter and experience the “Date” before each session or, especially if you are offering child care, you could schedule time for private couple “Dates” after the group session, during which they would be asked to fill out their individual worksheets. The Leader’s Guide also suggests ice-breakers, group guidelines, activities, prayers, and group discussion starters.

[ROLLING RIDGE]

• 10 Great Dates to Revitalize Your Marriage (Marriage Alive International, Inc., 888-690-6667, www.marriagealive.org). This video curriculum by Claudia and David Arp offers an opportunity for churches to bring couples together for brief input, then
send them off on dates with a framework for discussing particular issues. Cape Elizabeth (ME) UMC has offered this program on a monthly basis, as have Steve and Kathy Beirne. For more information, contact Steve and Judy Hill (207-799-7202) or Steve and Kathy Beirne (207-775-4757, Sbeirne@maine.rr.com) [Websters]

- **10 Great Dates for Empty Nesters**, by David and Claudia Arp (Grand Rapids, MI: Zondervan, 2004). The authors provide ten brief chapters discussing issues relevant for empty nest couples. Each chapter has an accompanying guide and exercises for couples to use during a date to share thoughts and feelings about those issues. These conversations are designed to help couples rediscover each other and their relationship, clear the air, reevaluate roles and responsibilities, grow together spiritually, and set goals. Visit [www.marriagealive.com](http://www.marriagealive.com) to learn about and order a DVD video curriculum *The Second Half of Marriage*, which may be used with groups of couples. [ROLLING RIDGE]

- **10 Great Dates to Energize Your Marriage Video Kit Updated Edition**, by Claudia and David Arp (Grand Rapids, Michigan: Zondervan Publishing House, 2014). This kit contains two 75-minute videos, featuring ten fun date launches and a Leader’s Guide (on Part Two disk). The kit also includes one copy of the Participant’s book, which includes tear-out dating guide worksheets. Couples come together for the video date launch with its low-key discussion starter; then each couple has time alone to talk during their date. The program could be scheduled one night a week for ten weeks, one night every other week or once a month, or over the course of a weekend retreat. You will need one copy of the *10 Great Dates* book for each participating couple. [Order through Marriage Alive International, Inc., P.O. Box 31408, Knoxville, TN 37930, 888-690-6667, [www.marriagealive.com](http://www.marriagealive.com), mailine97@aol.com. Also available through popular booksellers and Cokesbury, 800-672-1789 or [www.cokesbury.com](http://www.cokesbury.com) ] [ROLLING RIDGE]

- **Boundaries in Marriage**, by Dr. Henry Cloud and Dr. John Townsend (Grand Rapids, MI: Zondervan). A Leader’s Guide and DVD with video segments for eight one-hour group sessions helps couples understand the boundaries that can “make or break a relationship.” This Biblically-based material emphasizes how freedom and responsibility help couples grow in their marriages. Relationships are strengthened when the individuals in them understand the consequences of their actions; take responsibility for their own feelings, attitudes, values, and behavior; realize that while they cannot change the other, they can influence the other by changing their own behavior; demonstrate respect for each other; make choices based on love, not on fear; take action to solve problems based on their values, wants, and needs; communicate clearly; and listen compassionately. Leaders for this program are encouraged to read the authors’ book *Boundaries in Marriage*, published in 1999, available from popular and Christian booksellers and from the website, [www.cloudtownsend.com](http://www.cloudtownsend.com), where you will
also find other related resources and can sign up for an e-newsletter.

[ROLLING RIDGE]

* **Boundaries in Marriage Workbook: Understanding the Choices That Make or Break Relationships**, by Dr. Henry Cloud and Dr. John Townsend (Grand Rapids, MI: Zondervan, 2000) A companion piece to the authors' book with the same name, which was published in 1999, this workbook provides reflection questions to help those reading the book apply its teachings to themselves and their relationships. “Boundaries are basically about self-control. Boundaries are not something you ‘set on’ another person. Boundaries are about yourself.” (page 24) This workbook would be very effective for use by individuals, couples, or small groups. [BUST]


• **Conversations for Couples: Ideas for Talking About the Important Things**, (Winston-Salem: Better Marriages, 2010) Also available as an e-book download from the website www.bettermarriages.com. Included in this collection are a variety of exercises that can be used with Marriage Enrichment Groups or individually by couples who have discovered the value of structured conversations for deepening their intimacy and fine-tuning their relationships. Topics include Affirmations, Communication, Anger/Conflict, and Feelings. [ROLLING RIDGE]

• “Couples and the Art of Playing,” by Keith Hackett (Vancouver, WA: ImproveMyRelationship Press, 2006). Instructions and worksheets for a “playshop” that can be offered to a group or used by couples on their own. Permission to duplicate material is restricted to those who purchase this manual, but this sample copy will help you decide if and how you might use the material. [Websters]

• **Dr. Harley’s Basic Concepts for Marriage**, by Willard F. Harley, Jr. and Jennifer Harley Chalmers (2004). This DVD, in less than two hours, presents Dr. Harley’s basic concepts for building and maintaining a happy, fulfilling marriage: The Love Bank, Caring and Romantic Love, Emotional Needs, the Policy of Sexual Exclusivity, the Policy of Undivided Attention, Love ers, the Policy of Radical Honesty, the Policy of Joint Agreement, and Four Guidelines for Successful Negotiation. Helpful viewing for individuals, couples, and groups. Available at www.marriagebuilders.com. [ROLLING RIDGE]

• **Fireproof Your Marriage: Couple’s Kit**, by Jennifer Dion, (Vista, CA: Outreach, Inc., 2008), 800-991-6011, www.outreach.com. This kit contains a six-session DVD, and two
Participant’s Guides. The DVD sessions recap briefly (2-5 minutes each) scenes from the Fireproof movie. The Participant's Guides provide discussion questions, scripture references, and exercises for use by couples or small groups. The movie itself is available through video/DVD rental sources, but a special license is required for public showings, other than in a private home. You may purchase the license, which is good for one year, by visiting www.cvli.com or calling 800-991-6011. The cost of the site license, which underwrites Christian filmmaking, is based on average church attendance (for average worship attendance of 95, the license costs $99.).

- **Get Going and Grow: An Eight-Month MEG Curriculum** (Better Marriages, formerly The Association for Couples in Marriage Enrichment, info@bettermarriages.org, www.bettermarriages.org, 800-634-8325). The Leaders’ Manual provides guidance for establishing and leading a Marriage Enrichment Group (MEG) and all materials needed for eight months of meetings.

- **Growing in Marital Love: Volumes I and II**, by Keith and Marilynn Hamilton, co-founders of Relationship Enrichment by Applying Preventive Principles (REAPP), www.REAPP.org. These materials, based on the work of David and Vera Mace and the Association for Couples in Marriage Enrichment (now Better Marriages), provide resources for a dynamic Marriage Enrichment Workshop. The five four-hour sessions incorporate Biblical principles and provide training in effective communication, the creative use of conflict, and a new model for understanding our sexuality. Also available in Spanish, German, and Portuguese. Translation into Arabic, Korean, Afrikaans, Malagasi, French, Bengali, and other languages currently in process. Volume I contains the basic marriage enrichment workshop. Volume II contains a workshop for training facilitating couples (6 sessions, 24 hours), an advanced training workshop for instructor couples (60 hours), and a Pre-marital Workshop (5 sessions, 20 hours). Order through the website (registration required).

- **Homebuilders Couple Series: Building Your Marriage**, edited by Dennis Rainey. (Little Rock, AR: Family Life, 2000), 800-FL-TODAY, www.familylife.com. Complete material for leading seven sessions of a Biblically-based marriage enrichment program for couples. Leaders’ Notes are included in the back, but you might also want to order HomeBuilders Leader Guide: Starting and Leading your Couples Group, which provides valuable insight and information for organizing, preparing, dealing with challenges, and expanding this ministry. You will also want to order books for participants. Other studies, each in a separate book for participants with Leader’s Notes in the back, address topics such as improving communication, building teamwork, mastering money, resolving conflict, growing together in Christ, building each other’s self-esteem, expressing love, managing pressure, etc.

- **How to Use Conflict to Bring You Closer**, (Winston-Salem: Better Marriages, 2010). Also available as an ebook download from www.bettermarriages.org. This workbook for couples provides 11 mini-lessons to use on their own or in a group with other couples.
and a 12th activity for assessing their progress and planning for future growth. Each lesson provides an activity to help them practice what they have learned. Using this resource can help couples learn to manage conflict without hurting each other or their relationship and to discover the growth-potential of the conflict which is inevitable in any intimate relationship. [Webster]

- **Imago Connects: Through Conflict to Connection** (Imago Relationships International, 2006) One-hour DVD program explains and illustrates the Imago Dialogue process, which couples can use to share thoughts and feelings to heal and grow in relationships. This process works in all relationships, but is especially helpful for developing intimacy that can help heal childhood wounds. The *Couple’s Handbook* provides instruction and exercises for couples to use on their own, along with the DVD. The *Facilitator’s Guide for Small Groups* outlines three two-hour sessions. [ROLLING RIDGE]

- **Infidelity: What Every Couple Should Know**, by Dr. Willard Harley. This DVD presents a 31-minute excerpt from the Marriage Builders’ Weekend Seminar covering basic principles for understanding, preventing, and recovering from infidelity. Available free from the website [www.marriagebuilders.com](http://www.marriagebuilders.com). [ROLLING RIDGE]

- **Keys to Successful Communication: Your Pathway to Intimacy and Romance in Marriage**, by Jimmy Evans (Family and Marriage Today, P.O. Box 8400, Amarillo, TX, 866-800-3244, 866-800-3244, [www.famtoday.com](http://www.famtoday.com)). In these four Biblically-based audio CDs (45-50 minutes each), Jimmy Evans describes the power of words and the damage caused by ineffective communication habits; teaches principles of effective communication; and provides guidance for establishing a covenantal marriage. Useful for individual or group listening. Reflection questions could be developed for couple or group discussion. [BUST]

- **Laugh Your Way to a Better Marriage Small Group Study**, by Mark Gungor (Laugh Your Way America! LLC, 2006). This book and its two DVDs of video clips provide material for twelve 60-90 minute sessions for individual couples or small groups. Mark “uses humor to unravel the complexities of marriage and reveals biblical truths to help husbands and wives gain the knowledge and understanding needed to build healthier, stronger and more fulfilling marriage." (page 15) Mark deals with gender differences effectively and portrays vividly the different ways men and women handle stress. Each participating individual or couple will need a copy of the study guide which is available at [www.laughyourway.com](http://www.laughyourway.com). [ROLLING RIDGE]

- **Marriage: Claiming God’s Promises**, by Jack Gilbert and Nan Zoller (Nashville: Discipleship Resources, 1998. Complete instructions for eight 90-minute sessions of Scripturally-based marriage enrichment activities. Training is not required, but leaders should be couples who have strong marriages and group leadership skills, who are Christian disciples, and who can comfortably participate in personal sharing. [Webster]
• **Money Habitudes: How to be Rich in Life and Love**, by Jessica Poole with Syble Solomon (Berkeley, CA: The Dibble Institute, 2011). This complete “teach-out-of-the-box” curriculum kit for helping youth discover their attitudes and habits related to money includes a three-ring binder with an Instructor’s Manual, scripted lesson plans for five 60- to 90- minute lessons, a CD with Powerpoint slides and other resources, a set of Habitude cards for card-sort activities, a sample copy of the Student Journal, and other helps, including interactive games. The cards offer a fun, non-threatening way for participants to consider and discuss their feelings and behaviors in regard to money. Lessons may be taught to a group, or individuals can benefit from use of the materials. Since money is often related to personal feelings of status, power, control, success, security, and self-esteem, discovering these connections can help persons approach financial decision-making more intentionally and can also help resolve interpersonal conflicts over money. Contact the Dibble Institute, P.O. Box7881, Berkeley, CA 94707-0881; 800-695-7975, relationshipskills@dibbleinstitute.org, or www.BuildingRelationshipSkills.org for additional information or to purchase the kit and Student Journals for participants. [NEC]

• **Right Steps: Discovering a Better Marriage** (A Self-Guided Course for Couples and Leaders' Manual for group sessions, The Association for Couples in Marriage Enrichment, 800-634-8325, info@bettermarriages.org, www.bettermarriages.org). Clear directions and all materials needed for four two-hour sessions for couples to use by themselves or for leader couples to use with a group (could be adapted to shorter time frames or for a retreat setting). [Williams]

• **The Five Love Languages** Study Guide, also available as a free download from the website www.5lovelanguages.com. This booklet offers discussion questions for each of the twelve chapters of Gary Chapman's book. [Webster]

• **The Marriage Breakthrough**, by Michele Weiner-Davis (Davis Training Corporation, 2004). This 2-DVD set provides six one-hour sessions of a seminar that can be viewed by individuals, couples, and groups. Michele teaches practical skills for communicating more effectively, overcoming conflict, bridging the gender gap, building friendship, and increasing passion. She teaches how to stop playing the “blame game” and how to change your relationship, even if your partner refuses to participate. Michele's solution-oriented approach, although presented in secular language, is compatible with Christian teaching. Available at www.divorcebusting.com [ROLLING RIDGE]

• **The Marriage News You Can Use** (video), (The Governor's Commission on Marriage, 111 State Capitol, Salt Lake City, UT84114, 801-538-1533, mreese@utah.gov, www.UtahMarriage.org). An 18-minute video, available in both English and Spanish versions, presents information and tips for building strong marriages in a humorous and lively manner. Produced by the state of Utah, it is offered free to residents of that state and sells to out-of-staters for $5. It may be duplicated for educational or non-commercial use only. [Webster]
• **Soul Healing Love – Turning Relationships That Hurt into Relationships That Heal - Couples Toolkit**, by Tom and Beverly Rodgers (Charlotte, NC: The Institute for Soul Healing Love). A 2.5 hour DVD and two workbooks provide insights and activities for a couple who want to work on their marriage or for a counselor who wants to work with a couple or group of couples. The Rodgers share out of their own experience and offer sound insights on the normal stage of love relationships, concepts of soul healing love (soul wounds, reactivity, intentionality), digging deeper to understand our reactivity, and Imago (our subconscious image of how relationships should be). Several unique exercises help couples break through their patterns and habitual responses to deeper understanding and love. [Williams]

• **The Surprising Way to a Stronger Marriage: How the Power of One Changes Everything**, by Michael and Amy Smalley (Carol Stream, IL: Tyndale House Publishers, Inc., 2010). The authors describe how one spouse, strengthened by God and Biblical principles, can bring about positive change and growth in a marriage. The authors emphasize the importance of taking responsibility for your own emotions and reactions, focusing on what you want to have happen, and repairing hurts by asking your spouse what he/she needs in order to heal. A Study Guide in the back of the book provides scripture and discussion questions for each of the eighteen chapters. [BUST]

• **Unbreakable: Forging a Marriage of Contentment and Delight**, by Charles Causey and Tony Miltenberger (Nashville: Abingdon Press, 2014). This seven-session scripture-based interactive guide for couples or groups of couples who want to strengthen and deepen their marriage relationships is based on five core components of love (commitment, kindness, honesty, forgiveness, and sacrifice) The first session, focused on the importance and purpose of marriage, is followed by five sessions addressing each of the core components listed above and a final session focused on sexual intimacy. The readings and exercises help each person in the focus on and take responsibility for his or her own attitudes and behavior, while offering opportunity for the couple to share insights and reflections with each other. In the first session, the "Couple Interactive Exercise" directly teaches "The Responsibility Skill." The fourth session provides instruction and a framework for communicating more effectively, and the fifth session offers a clear outline of steps for practicing forgiveness. If a couple intends to write in the book, they will both need their own copy; or they could share one copy, each recording responses in a separate journal or on sheets of paper. [WEBSTER]

FOR FAMILY LIFE EDUCATION AND ENRICHMENT

• **Family Enrichment Workshop: Activities and Exercises to Strengthen Family Relationships** (Marriage Enrichment, Inc., 2004; 800-726-7474, mewinfo@yahoo.com).
This notebook provides everything needed for a three-part intergenerational experience (perhaps Friday evening, Saturday a.m., and Saturday afternoon, for example) for families of all configurations. Participants learn and practice effective communication skills, identify individual and family strengths, and develop action plans to increase loving behaviors. [Williams]

- **Growing in our Family Relations: Volume I: Manual for the Family Enrichment Workshop**, by Keith E. and Marilynn L. Hamilton (2010), This faith-based workshop is designed to help persons grow personally and in their family relationships through five 4½-hour sessions for up to twenty-five participants, led by two facilitators. Participants may include any family of one or two parents and their children of any age. Based on the process, methodology, and techniques of Better Marriages (formerly the Association for Couples in Marriage Enrichment) and on the work of Drs. David and Vera Mace, the workshop teachings combine Biblical principles and transcultural preventive principles with opportunities for guided practice in their application. Materials may be downloaded from the website as a gift from the authors and used by anyone with some leadership experience and a commitment to work with families. Training and certification information is available in the authors’ Basic Training Workshop for Singles (Vol.II) and Advanced Training Workshop introductory pages (also available at the website Download page). In these workshop sessions, participants will develop a supportive community, assess their family relationships, and learn and apply new skills (communication, creative use of conflict, and understanding ourselves and our roles in the family). [Williams]

**FOR SPECIAL SITUATIONS, TRANSITION, AND CRISIS**

- **Beyond the Broken Heart: A Journey Through Grief Program Kit**, by Julie Yarbrough (Nashville: Abingdon Press, 2012). This attractive program package contains a Leader Guide with information for organizing, preparing for, and leading an 8-week grief support and ministry group; a DVD with 8 video segments, 9 to 12 minutes each, one for each session of the program; one copy of the participant book with a chapter for each of the 8 sessions; one copy of a daily devotional book for participants; and one copy of a pocket-size booklet for participants. You will also find material for two supplementary sessions: "Grief at the Holidays" and "Peace of Mind: Financial Management for Life." The content is well-grounded theologically and Scripture-based, and the Leader Guide offers many flexible options for adapting the program to a specific situation. [NEC]

- **Choosing Wisely Before You Divorce** (Church Initiative, P.O. Box 1739, Wake Forest, NC 27588-1739, 800-489-7778, info@divorcecare.org, www.divorcecare.org) This is a five-video session resource designed to help couples thinking about divorce reconsider their decision and redirect their efforts toward restoring their marriage. The program presents the spiritual, physical, emotional, and financial impact of divorce on families.
and on children in particular. It does not attempt to get at the underlying problems of a
particular marriage, but attempts to stop the rapid momentum that develops when a
couple begins to consider divorce. The Couple's Kit includes video sessions, two
participant workbooks, and a facilitator's guide. The ministry edition includes the video.

- **DivorceCare Starter Kit**, (Church Initiative, P.O. Box 1739, Wake Forest, NC 27588-1739,
800-489-7778, info@divorcecare.org, www.divorcecare.org. A Biblically-based resource
for a divorce recovery ministry, this Kit includes a Leader's Guide, Participant's
Workbook, and five DVDs. The DVDs present teaching segments for 13 group sessions
and three leadership training sessions. The Leader's Guide provides guidance and
resources for an ongoing program so that separated and divorced persons always have a
place to turn.  

- **Marriage 911: First Response**, by Joe and Michelle Williams (National Institute of
Marriage, 2007). This Christ-centered 12-week program helps persons who are in
troubled marriages or who desire a stronger relationship to place their focus and energy
into self-healing through the use of a workbook and with the assistance of a support
partner. The *Marriage 911: First Response Workbook* and the *Marriage 911: First
Response Support Partner Handbook* provide clear directions to develop health and
wholeness. [National Institute of Marriage, 250 Lakewood Drive, Hollister, MO 65672,
417-335-5882, www.nationalmarriage.com]

- **Single & Parenting: Hard Work, Real Hope** (Lake Forest, NC: Church Initiative, 2011)
This“teach-out-of-the-box” curriculum kit provides a Leader’s Guide, Participant’s
Workbook, set of DVDs, and promotional brochures and flyers. Detailed information is
provided for organizing and promoting this experience, which consists of 13 two-hour
sessions blending Biblical teaching with practical advice, and for recruiting leaders and
using the training module on one of the DVDs. The Leader’s Guide suggests offering the
13 sessions three times in a given year, since participants can enter the program at any
time in the cycle, providing frequent points of entry for single parents seeking support.
You will need to purchase a workbook for each participant ($15.each at
www.singleandparenting.org), where you will also find extensive helps and resources.
You can reach a consultant by phone during normal working hours.  

- **The Third Option** (Syracuse, NY: Family Life Education, Roman Catholic Diocese of
Syracuse, 1988). This on-going program of peer ministry and relationship education
combines three dynamics: a support group, "sharing" couples, and workshops on
relationship skills. The first hour of the weekly meeting offers orientation for
newcomers and support group sharing for those already in the program. The second
hour offers a 30-minute workshop on one of 14 topics, which continually recycle so that
participants can come in at any time. The Third Option Manual, which contains the
complete program and all needed materials, is sold only to non-profit organizations
willing to offer this program free to the public. A professional counselor should be
available for occasional screening of "sharing couples" and consultation as needed. Contact Pat Ennis at (315) 472-6728, or e-mail pat@thethirdoption.com, or visit www.thethirdoption.com. [BUST]