



Relationship Research Foundation, Inc. (RRF) is a 501(c)3 nonprofit community organization whose mission is to increase the well-being of children, families and society by cultivating loving and lasting marriages. We provide:

- **Relationship classes** for individuals, couples and families
- **Trainings in certified programs** for relationship and marriage educators
- **Trained staff** to teach classes to your community

Classes, training, supervision, and technical assistance are offered in:

- Relationship Enhancement (RE)
- Mastering the Mysteries of Love (MML)
- Love's Cradle (LC)
- FOCCUS Inventory for marriage preparation
- Journey to Love (J2L) for singles
- Bringing Baby Home (BBH)
- Family Wellness

Our programs focus on building intimacy, communication skills, problem solving, and conflict management.

Our objective is to flood Orange County, California with relationship and marriage education. To do this, we are working with faith-based and community organizations, schools, businesses and health institutes. Our goal is to provide them the tools to assist their communities with quality educational programs.

We don't want to leave any individual, couple or family behind. Because we are a grant funded and donation assisted organization, we are able to provide flexibility to work within your budget. Our listed prices are:

| Classes | Trainings | Classes and Trainings for Your Community (MML Training) |
|--|---|--|
| Individuals \$20 Couples \$25 | Individuals \$50 (\$545 value) Couples \$100 (\$940 value) | \$2000 (\$15,220 value) |

Learn more about us at www.USrelationships.org

Call for more information and to schedule an appointment: **949-725-3366**

Or email Dr. M.P. Wylie, executive director: drmpwylie@aol.com



RRF offers classes, training, technical assistance, and supervision in:

Relationship Enhancement (RE) is the most extensively researched marriage education program currently available. In one oft-quoted study, the couples-version of RE generated an average effect size of .963, which was nearly 3 times the .356 average effect size of the other 15 couples programs it was compared against.¹ While RE is used in marriage preparation programs (most notably in the Diocese of Washington D.C), it is most often used for marriage enrichment or with couples in troubled marriages, due to the quality of results it receives.

Mastering the Mysteries of Love (MML) is based on the RE program. MML is effective with couples of any class or culture and at any stage of the relationship or marriage. Couples learn five skills in how to develop affection and communication, and how to solve conflict and problems so that both partners can be satisfied with the results. Note: Both RE and MML are available in Spanish and other languages.

Love's Cradle, a modified version of the RE program, is written at a lower reading level and easier for the general population to comprehend.

FOCCUS is a self-diagnostic pre-marital inventory. It contains between 156 and 189 questions (depending on the situation a given couple is in) designed to help engaged couples learn more about themselves and their unique relationship. This tool helps couples name and work through issues before marriage. It is best used as part of a larger marriage preparation program and compliments RE, MML, and LC. In a study of couples married four to five years who had completed FOCCUS before marriage, the FOCCUS inventory successfully classified satisfied and unsatisfied couples at a rate of about 80%.²

Journey to Love, a 10-week program with a 115 page workbook, is designed to help singles and singles-again access their past relationships, heal from the hurt (including domestic violence), and prepare their life for attracting a compatible partner and having a lasting and loving marriage. Evaluations (of those who complete the program) measure before and after scores of preparation of seeking and attracting a compatible partner and being prepared for a lasting and love marriage. All the scores have measured stronger for the success of partnering and future marriage.

Bringing Baby Home (BBH), a Gottman developed program, is a research-based and research-tested, psycho-educational intervention. The program helps expectant couples and parents of infants and toddlers equip themselves with the knowledge and skills needed to cope constructively with the changes brought about by the birth of a child. BBH teaches couples how to strengthen their friendship, increase intimacy, and regulate conflict. Note: RRF will be providing training for BBH in the near future.

Family Wellness is a quickly learned and easily adapted family education program that has proven effective in a variety of communities, cultures, and languages. Groups of individuals and families learn new ways of living and working together in a strength-based workshop. Each of the six sessions is organized around practical guidelines for healthy family interactions – building on the positive, healthy habits that exist within a family. Note: RRF will be providing training for Family Wellness in the near future.

¹ *Journal of Marital and Family Therapy*, 11, 257-271, 1985.

² FOCCUS Leaders Manual, page 2 – quoting *Journal of Marital and Family Therapy* in 1995

Structure of MML Classes and Trainings

Class: Mastering the Mysteries of Love (MML)

\$20 (Individuals) **\$25** (Couples)

- All classes are a series of 8 sessions and are facilitated in a weekly format.
- Individuals and couples can join a class at anytime.
- Scholarships are available upon request.
- Classes are offered in Spanish.

Trainings: Mastering the Mysteries of Love (MML)

\$50 (Individuals) **\$100** (Couples)

Training is offered as a one-day intensive, or in two half-day segments.

Community Package: MML Training

\$2000 (\$15,220 value)

This package includes a 6-month plan for launching your own relationship/marriage education program in your community:

- One of our trained staff teaches a class to your community (16 hours, \$1250 value)
- One of our trained staff teaches a second class and will assist your staff in becoming coaches for future classes (16 hours, \$1250 value)
- We provide leader training to those in your staff who have completed steps 1 and 2 (16 hours, \$11,520 value)
- We provide technical assistance to your newly trained leaders to build confidence and add proficiency to their skills (8 hours, \$1200 value)
- RRF provides the materials for up to 50 participants and 8 leaders.

~ Relationship skills, relationship enhancement training, marriage education in Orange County, CA ~

