



**Healthy Marriage  
Collaboration**

*of Central Ohio*

Presents

*Certification Training*  
**With Dr. John Van Epp**  
**March 14 & 15, 2008**

The Healthy Marriage Collaboration of Central Ohio will host two days of certification training to equip teachers, marriage leaders, mentor couples and others to facilitate PICK and MarriageLINKS relationship education programs.

Ohio Department of Transportation  
1980 W. Broad St  
Columbus, OH 43223  
Friday, March 14, 2008 (PICK)  
Saturday, March 15, 2008 (LINKS)  
8:30 a.m. to 5:00 p.m.

SPONSORED BY:

Central Ohio Youth for Christ  
Columbus Marriage Coalition  
WellSpring Counseling  
CHOICES for Victims of Domestic Violence  
Pregnancy Decision Health Centers  
Ohio State University Extension

The Healthy Marriage Collaboration of Central Ohio brings together diverse groups (both secular and faith-based) in the pursuit of one essential mission — improving and strengthening youth and adult relationships and marriages in central Ohio. As a collaborative, each organization’s resources and reach are multiplied to have a much greater impact on our community. Workshops presented during this training will focus on practical application, equipping participants with the tools and information necessary for the immediate implementation of best practice strategies upon leaving the training.

Participants attending this certification training will:

1. Be able to describe the key principles of the curriculum: PICK or MarriageLINKS or both.
2. Be able to teach the content of the curriculum: PICK or MarriageLINKS or both.
3. Thoroughly understand the theory and research that supports the Relationship Attachment Model (R.A.M.).
4. Explain the Relationship Attachment Model (RAM) and how the RAM Plan can be used to pace intimacy and create safe, satisfying relationships.
5. Understand the importance of pacing a romantic relationship in dating. (PICK only)
6. Be able to describe the continuity theory of relationship patterns and the implications for premarital dating practices. (PICK only)
7. Learn the major areas to get to know about someone in a dating relationship (PICK only):
  - a. Family dynamics that predict future marriage patterns.
  - b. Attitudes and actions of someone’s conscience.
  - c. Compatibility potential between you and the person you are dating.
  - d. Examples of how a person acts from learning about previous relationships.
  - e. Skills a person has in communication and conflict resolution.
8. Gain answers to the most commonly asked questions about premarital relationships and marital choice. (PICK only)
9. Learn how to deepen confidence in dating relationships and choices that lead to marriage. (PICK only)
10. Explore common problems that lead to poor choices in partners. (PICK only)

### *Who Should Attend*

Family Life Educators	Clergy	Counselors
Family & Consumer Science Educators	Marriage Ministry Leaders	Psychologists, Social Workers
Psychology & Sociology Educators	Marriage Mentors	Marriage & Family Therapists
Alternative Education Teachers & Staff	Guidance Counselors	Community Agency Staff

**Note:** Those who have been previously certified or who wish to attend the program without being certified, may audit the program at a reduced cost. However, if this option is selected, participants will not be certified to teach the program, unless an instructor certification package is purchased after the program and required criteria are met.

*This program is open to all people, regardless of age, gender, physical ability, race/culture, religious background or sexual orientation.*

*The facilities are accessible according to the Americans with Disabilities Act; however, a participant may request reasonable accommodations for disabilities by calling (614) 825-0009 and/or noting the request on the registration form.*

# Session Descriptions

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## SESSION A (March 14)

8:30 am to 5:00 pm

P.I.C.K. (How to Avoid Marrying a Jerk/Jerkette) Certification Training

*John Van Epp, Ph.D.*

*Lifechangers*

In this session educators and community leaders will be certified to teach the PICK program and will experience some of the activities that program participants would do during a PICK program. The audience will be invited to dialogue about how the program can be implemented in their community.

PICK (also known as How to Avoid Marrying a Jerk/Jerkette) is a relationship training program for teens (high school version focused on dating) and single adults that provides a roadmap for using their head and heart when dating and eventually choosing a life partner. PICK is based on years of scientific study on marital and premarital happiness and allows individuals to see their partners for who they are when good judgment and perspective would otherwise be thrown out the window. The program presents the Relationship Attachment Model (RAM<sup>®</sup>) for safe relationships that progresses through 5 bonding forces in a balanced way – know, trust, rely, commit and touch. It also introduces 5 crucial areas to explore in the dating process – FACES (Family background, Attitudes and actions, Compatibility potential, Examples of other relationship patterns and Strength of relationship skills). This program is designed to provide teens and singles with a plan for pacing a dating relationship and exploring the key areas that foreshadow what that partner will be like in marriage.

## SESSION B (March 15)

8:30 am to 5:00 pm

MarriageLINKS Certification Training

*John Van Epp, Ph.D.*

*Lifechangers*

In this session educators and community leaders will be certified to teach the MarriageLINKS (Lasting Intimacy through Nurturing, Knowledge and Skills) program and will experience some of the activities that program participants would do during a LINKS program. The audience will be invited to dialogue about how the program can be implemented in their community.

MarriageLINKS applies the Relationship Attachment Model (RAM<sup>®</sup>) to maintaining the closeness and intimacy in marriage. MarriageLINKS is a relationship training program for those who are married, whether for the first time or subsequent. Falling in love is easy...staying in love requires time, effort, skill and change. Stagnation occurs without any effort. At the heart of every vibrant relationship is a strong attachment. In the LINKS program, couples will learn how to regularly revitalize the dynamic links of their marriage. This program characterizes the complex interactions of the ways couples know, trust in, rely on, belong to and become intimate with each other in marriage, and the boundaries needed to protect their relationship from harm. Couples will learn how to relentlessly pursue intimacy, respectfully cultivate trust, reciprocally meet each others' needs, resiliently chart their future course, and romantically renew their union.

