

MARITAL FIRST RESPONDERS

ONE-DAY TRAINING WORKSHOP OUTLINE

9:00 Introductions and why people came (a sampling if a large group, allowing for a late start)

9:20 Overview

- Origin story
- **Basic idea:** supporting marriages and committed relationships in one's life world
- **Today's training:** challenging scenarios, common mistakes, seven skills, and keeping good boundaries

9:30 Challenging scenarios already encountered

Question: Think of a situation where you felt challenged in responding to someone in your life who confided in you about a marital/committed relationship problem?

- What was your relationship to the confider and the partner?
- What was the problem?
- Why was it a challenge to you?

ONE MINUTE for writing and reflection

THREE MINUTES for sharing in pairs

10:00 Basic assessment

Role of the Marital First Responder

Common mistakes

ONE MINUTE for self-assessment of most common mistake

THREE MINUTES sharing in pairs

10:45 Break

MARITAL
FIRST RESPONDERS

11:00 **Level One Skills: L.E.A.P (Listen, Empathize, Affirm, offer Perspective)**

- Present L.E.A. first
- Practice of listening, empathize, and affirm (in same gender pairs)

SIX MINUTES

Problem 1: he doesn't participate, listen, and emotionally connect with me enough

Problem 2: she is on my case all the time, I can't do anything right

- Have them find their pair, decide who will go first as confider, then give them the scenario, have them consult the handout for how they will do L.E.A. (only L.E.A.). The confider should get into the role but not talk too long at first, so that the first responder can practice the skills.

THREE MINUTES

- Shift roles

THREE MINUTES

- Walk around the room and listen to see if they are getting it.
- Then process with the whole group what went well, what was challenging. If appropriate, demonstrate how to deal with the challenges.

11:40 **Research Teaching Points 1: Normal Problems**

12:00 **Lunch**

12:45 **Perspective**

- Present the material
- Practice as before in same pairs.

FOUR MINUTES

- Same scenario as before
- Important—have them look at their handout for a couple of minutes to prepare for what perspective they are going to offer
- Tell them to briefly do L.E.A. before offering perspective (never start directly with perspective)



SIX MINUTES

- Process with whole group

1:45 **Research Teaching Points 2: Marital Conflict and Divorce**

2:15 **Break**

2:30 **Level Two Skills: C.A.R. (Challenge, Advise, offer Resources)**

- Present the material on Challenge and Advise
- Practice with the same scenario but now add: the confider is not telling the spouse how unhappy they are, and there is an emotional affair going on with a coworker (meeting for coffee, feeling understood, a secret from spouse).

FOUR MINUTES

- Make sure you have them read the handout on Challenge and Advise, and prepare their response.
- Process with whole group

3:15 **Resources: Recommending Help: Present the Material**

3:30 **Maintaining boundaries**

- Present (it reviews a lot of the day)

3:45 **Reflections and wrap up**

- Evaluation
- What are you taking with you from our time today?

4:00 **End**

