

STRENGTH HOME

Strength at Home Couples Program Fact Sheet

Who the group is for: Couples who want to strengthen their relationship and prevent conflict.

Who the group is not for: Couples who are unmotivated to work on their relationship, do not agree on the need for change, do not want to do couples work, or are in fear of one another.

What we do in the group: This is a comprehensive program to improve relationships and prevent conflict and abusive behavior. Sessions focus on:

- Understanding the impacts of trauma on relationship problems
- Understanding and exploring core themes that underlie trauma and relationship problems such as difficulties with trust, low self-esteem, and power and control
- Learning ways to deescalate situations that may lead to conflict
- Communicating in more assertive ways
- Emotional expression skills

Other key points:

- Interested couples will complete an intake assessment to determine interest in the group and ensure the group will meet their needs.
- Group is two hours a week for 8 weeks.
- This group typically would not satisfy a court requirement for counseling. Court involved partners are encouraged to ensure that receiving group couples intervention will not negatively impact their court status.