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Research Article

A Qualitative Study of Couples Counseling Experiences and Aspects of Change in Newly Married Couples Preventative Counseling Using PREPARE/ENRICH-CV

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Abstract

This study aims to explore couples' experiences and aspects of change in the preventive counseling for newly married couples, which includes counseling using PREPARE/ENRICH-CV(P/E) or a general one which does not use P/E. The subjects were 12 married Korean couples (duration of marriage was not more than 5 years) without children. For each couple, 4 couple sessions were carried out respectively for 90 minutes by the first author. In P/E counseling, P/E assessment reports and a workbooks were used. In general counseling, a multi-generational model, an experiential model, and the solution-focused model were combined. For the qualitative analysis, session verbatim records, evaluation forms, and two interview transcripts (after the entire counseling and 6 weeks after the closure of the counseling) were analyzed. Three categories were formed from the data: motivation for counseling, aspects of change, and counseling effectiveness. In P/E counseling, the intervention was focused on the specific problems revealed through the P/E test, so the range of the change varied and specific, whereas general counseling was based on the problems which clients complained and its intervention was mostly focused on communication, conflict resolution, and

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family of origin. The results of this study implied that brief preventive couple counseling, regardless of P/E usage, would be helpful in enhancing the relationship of newly-married couples who did not have significant issues. However, using instruments and workbooks in P/E gave couples different experiences and created relationship changes compared to general couple counseling. This implication may be applied to develop brief preventive counseling model for newly-married couples.

Keywords: PREPARE/ENRICH-CV, newly married couple, preventive marriage counseling, clients' experience, aspect of change.

Introduction

The newlywed period is a stage in the family life cycle of adjustment to marriage (Carter & McGoldrick, 2005) where a couple adjusts to each other's personalities and habits and develops relationship patterns. The issues that appear during the newlywed period mainly occur due to relationship problems with each other's family of origin, sexual maladjustment, or lack of dedication to the new system. Therefore, an intervention that allows couples to find a foundation for emotional strength is effective during this period (Chung, Lee & Kim, 2002). Couples often end up getting divorced if they fail to adjust in the beginning of their marriage; the high divorce rate among newlyweds within the first four years of marriage (Statistics Korea, 2017) reflects the difficulties they experience adjusting to each other in the newlywed period. These statistics suggest the need for preventative couple counseling that can help couples develop a healthy relationship during this critical period.

However, preventative programs for newlyweds are often designed in the form of group counseling sessions or educational programs, which does not allow for an environment that individual couples can fully discuss the unique characteristics and issues in their relationships. However, private couple counseling is not easily accessible because they require much time and money, and couples often use this as a last resort when their problems are already severe. Hence, researchers have reported, from a preventative standpoint, the need for a short-term model of private couple counseling for newlyweds, and have begun basic research to this end.

If a counseling program is short-term, it must be able to assess the couple's core issues early on and provide in-depth intervention measures. However, if there are no proper assessment tools to achieve this, the counselor must constantly ask questions regarding the couple's and family's stories, goals, and reactions, which takes more time (Kim, Chun & Kim, 2003). Therefore, this study assessed each couple using ENRICH, which is a credible

instrument that evaluates the couple system in multiple dimensions, then provided counseling customized to each couple's range of issues by using a structured workbook, observing the couple's experiences and changes throughout the counseling sessions. Moreover, this study also conducted a general couples counseling without a structured assessment method or workbook and compared these cases with the cases that utilized a structured assessment and workbook.

PREPARE (PREmarital Personal And Relationship Evaluation) is a highly valid instrument that was developed in 1977 by Olson and his colleagues (Fowers & Olson, 1992). PREPARE/ENRICH is called a "program" because it contains both a couple assessment and a semi-structured feedback process using a workbook (Olson, Olson & Larson, 2012). ENRICH (Evaluating Nurturing Relationship Issues, Communication, Happiness) is an assessment scale that analyzes 10 different domains in a couple's relationship to evaluate their strengths and weaknesses and conduct counseling in a way that allows for couples to develop their relationship.

This program was verified for its effectiveness and was developed in 1981 by Olson, Founier, and Druckman (Olson & Larson, 2008). PREPARE/ENRICH has been revised five times since it was created, and was redesigned into PREPARE/ENRICH-CV in 2008 (Han et al., 2013; Olson & Larson, 2008). In the client customized version (CV), when a member of a couple answers background questions on the couple and the partner (before marriage, cohabitation, first marriage, re-marriage, with or without parenting, 55 years or older) through an online website, a customized questionnaire is created with the most appropriate questions based on the information that was provided (Olson & Larson, 2008). Many studies that used PREPARE/ENRICH in Europe/US & Asia have demonstrated that this program is effective in improving a couple's relationship (Fowers & Olson, 1986, 1992; Kim, Park, Song & Lee, 2009; Kweon & Chun, 2007; Olson & Larson, 2008; Olson, Olson & Larson, 2012; Olson & Olson, 2000).

The Couple's workbook contains exercises covering the major topics from the assessment such as communication skills, identifying and managing major stressors, resolving conflicts using a ten-step model, etc. (Olson et al., 2012). For this study, the counselor chose a few subjects (such as communication, sexuality and expression of intimacy) which were revealed to be weaknesses of each couple and used the specific part of the workbook to carry on the following counseling sessions.

With respect to preventative counseling for newlyweds, proper measurement tools and semi-structured programs are required in order to provide effective, short-term counseling. Therefore, in this study, four sessions of couple counseling were conducted on six couples using the PREPARE/ENRICH-CV (P/E) and the workbook. General couples counseling

without such tools was provided for another six couples as the comparison group. The focus of comparison between the two groups are centered on the clients' counseling experience difference, and how couple change occurs as a result of the counseling sessions. This study attempted to examine the research question of "How do couples change and what is their experience during P/E counseling and general counseling for preventative newlywed counseling?" The answers obtained through this study may be used as basic knowledge for building a short-term preventative counseling model for newlyweds.

Research Method

Subjects

The participants in this study were 12 couples. In the beginning, all the participants were tested for their marital satisfaction using MSS (Roach, Frazier & Bowden, 1981) and each couple was assigned to one of two groups with each group having a similar total score. Then, six couples of both groups were given four sessions of P/E counseling and the remaining six couples were given four sessions of general counseling. The couples had been married for five years or less, had no children, were living in Seoul or the surrounding regions, Korea. They were recruited using snowball sampling method. It was difficult to find couples who were willing to participate as the study required them to participate in four sessions of couple counseling as well as filling out many questionnaires and interviews. Considering that this was preventative counseling, couples who were already separated or experiencing severe conflicts were excluded³.

The average age of participant husbands and wives were 35 years and 33 years old respectively. The couples had dated for an average of 42 months before marriage, and had been married for an average of 15 months (up to five years). All of them were love marriage couples who dated before getting married. All of the participants were college graduates or higher and worked in professional occupations or office jobs. Many of them were Christians or atheists and the majority of them were dual-income households.

The researcher provided a detailed explanation of the research process to the participating couples, and the study proceeded only after the subjects gave their voluntary

³ In a previous study (Lee & Yoo, 1986), the average marital satisfaction score (measured by MSS of Roach, Frazier & Bowden, 1981) of ordinary couples who were married seven years or less was 181. However, the average MSS score of the participants in this study from the pre-test was 188.5, which implies that the participants seem to be relatively satisfied with their relationship.

consent. The method for the data survey was approved by the Institutional Review Board of University (Approval No.: BE2018-25).

Data Collection and Analysis

After the PREPARE/ENRICH-CV test was conducted on the experimental group prior to counseling, a test report and a couples workbook were used for four 90 minute counseling sessions for each couple. The comparison group only received four 90 minute counseling sessions without taking a P/E test or using a workbook. Instead of P/E tests or workbooks, models and techniques, such as the Bowen family systems theory, the 'iceberg exploration' or focusing on 'communication style' 'family rule' of the empirical model, and questions developed from the solution-focused model were used in an eclectic manner.

Both the experimental group and comparison group received counseling from the principal researcher under private arrangement. The counselor has five years of experience as an official PREPARE/ENRICH-CV counselor and is a qualified instructor with a master's degree in couples and family counseling. The counselor has participated in at least 200 hours of training in various family therapy model workshops, and has served for two years as a couples and family counselor in a local center.

To obtain qualitative data on each couple's experience and aspects of change, this study utilized the following as data for the analysis: verbatim recordings of four counseling sessions, session records written by the counselor, session evaluation surveys that were answered by clients at the end of each session, evaluation surveys regarding the overall effectiveness of counseling session that were filled out by clients when counseling ended, and verbatim of in-depth interviews taken immediately after the end of counseling and 6 months thereafter regarding their counseling experience as well as their change process. These various qualitative data were used to eliminate any bias in the data that may occur due to reliance on one or two types of data and to gain a deeper understanding of each case.

The qualitative data were examined using the qualitative analysis of multiple cases proposed by Creswell (2014). Content that corresponded to the research question was extracted by repeatedly reading the aforementioned raw qualitative data to find common narratives and topics that were mentioned by the participants. In the next stage, topics were categorized and organized into main categories, sub-categories, and concepts. The content was summarized and a subject that could represent each category was assigned and re-structured to generate meaning. Rather than analyzing each of the 12 cases, this study focused on examining the experience and aspects of change in participants of both groups

by finding common characteristics of the six cases in each group⁴. In the beginning, the 12 couples were regarded as individual cases, and qualitative data were analyzed for each case to examine the characteristics of each case in depth. Common experiences or aspects of change in participants in the experimental and comparative groups were analyzed to compare whether or not there were differences in their experiences or aspects of change between the two groups.

The first author completed a 35-hour workshop regarding qualitative research method including a case study in addition to a graduate school research methodology class. The corresponding author published several qualitative analysis papers as a family counseling supervisor. Finally a professional with a doctoral degree in qualitative research in the field of psychology took part in the data collection and analysis process for reliability and validity.

Results

Counseling experience and changes in the experimental group who received P/E couples counseling

There were a total of five main topics that appeared through the analysis of the cases regarding the experience of participants who received P/E counseling: motivation for counseling, relationship with the counselor, aspects of change, effectiveness of counseling, and limitations of counseling. There were a total of 24 common themes across the cases that were analyzed, with 85 themes within each case. <Table 1> shows the results of the analysis of the topics found across the P/E couples counseling cases in this study.

Counseling experience and changes in couples in the comparison group who received general couples counseling

The experiences and aspects of change of the participants in the comparison group were also divided into five topics, the same as in the experimental group, and the results of the analysis were reported across cases. There were 19 common themes between cases and 75 themes within cases. Table 2 shows the results in more detail.

⁴ See Oh (2019) for the analysis results for each couple regarding the counseling experience and aspects of change.

<Table 1> Counseling experience and aspects of change in participants during P/E counseling

Category	Common themes across cases	Themes within cases
Motivation for counseling	Expectations from counseling	<ul style="list-style-type: none"> - Participated in the study due to curiosity regarding the P/E test - Curious about the test results and wanted help - Had expectations because a colleague (of the client) gained results through counseling
	Problems were found through the assessment	<ul style="list-style-type: none"> - Potential problems were found through the assessment - Found out the relationship satisfaction score through the numerical graph - Concerns regarding an imbalance in spiritual and physical aspects - Found out that more effort is required because of a low assessment score - Gained a clear awareness of problems through the assessment report - Started to wonder if they were not a "vibrant couple" and gained a desire for further growth
	The assessment report was as expected	<ul style="list-style-type: none"> - The results of the report were the same as expected - Interesting because the test results were as expected
	The assessment report did not come out as expected	<ul style="list-style-type: none"> - Surprised because the results of the report were different from their usual conversation - Although they had a good relationship, the results did not say so; disappointed and feel like their true feelings were exposed
	The couple's strengths and weaknesses were discovered through the assessment report	<ul style="list-style-type: none"> - Found out their strengths and areas that need improvement
Relationship with the counselor	Able to talk about deep, inner topics	<ul style="list-style-type: none"> - Brought up sexual issues that they were secretly concerned about - Able to talk about things that are difficult to discuss regarding mother-in-law - Brought up topics that are usually hard to bring up
	Feeling sorry because they thought they could not grow more	<ul style="list-style-type: none"> - Felt sorry for the counselor because they thought they could not grow into a more vibrant couple

	Trusted the counselor	<ul style="list-style-type: none"> - Trusted professionalism through the P/E test report - It is beneficial to get professional counseling - Thankful that they were able to realize and learn many things through the counselor - Discovered a seed of hope through counseling; expressed trust and thankfulness to the counselor
	Feeling of sympathy from the counselor	<ul style="list-style-type: none"> - Gained consolation because the counselor was able to make them feel at peace and listen to their stories in depth
Aspects of change	Internal resistance	<ul style="list-style-type: none"> - Aspects that they wanted to hide were revealed in the test results; difficult to discuss in the beginning - The score was lower than expected; different from how they felt about the relationship - Felt uncomfortable opening up about having baby to the counselor - Felt unfamiliar, embarrassing, and difficult in the beginning because they came to the session after a fight and expressed their feelings without any filters - Difficult to express thoughts and feelings
	Internal change	<ul style="list-style-type: none"> - Were able to look at their inner feelings - Changed their thoughts and values about having baby - Want to make more efforts regarding mental and spiritual aspects - Were able to gain clear insight on the reactions or thoughts that they really wanted through the questions - No longer averse to the idea of having a baby - Able to gain awareness of their current selves and understood the meaning of marriage - Able to understand aspects that the husband felt disappointed about in the same way that I felt disappointed toward my husband - Once listening to each other after sifting through, they saw things from multiple angles and recognized that their partner was a human being - Understood themselves and their spouse better - Personally gained energy and vitality

	<p>Change in relationship patterns</p>	<ul style="list-style-type: none"> - Fewer things happened that used to cause frequent fights - Distance from mother-in-law - Using money on areas that require spending - No longer saying things that put the spouse down for not making enough money - Able to solve problems or conflicts with flexibility through the workbook
	<p>Change in technique</p>	<ul style="list-style-type: none"> - Efforts were made after understanding that the method of expressing affection differs between my wife and myself, and made progress in the sexual relationship through effort - They used the workbook at home and changed - Learned how to negotiate and adjust - Helped define thoughts and emotions - More detailed effort - Solved problems or conflicts through the workbook
	<p>Beginning of conversations</p>	<ul style="list-style-type: none"> - Opened their minds to having baby and started having conversations - Talked about things they learned in order to continue the changes - Used a feeling card and a needs card - Able to talk about their feelings more truthfully during counseling than when they were alone - Able to express their thoughts and emotions and changed
<p>Effectiveness of counseling</p>	<p>Able to understand and accept</p>	<ul style="list-style-type: none"> - Found out spouse's tender-hearted aspects and understood that they have different ways of thinking - Now that they understand how they truly feel, things that they did not used to understand now make sense; feel like they re-built the foundation - Able to understand themselves and their spouse better and feel closer
	<p>Change in action</p>	<ul style="list-style-type: none"> - There was progress through making an effort regarding sexual issues - Problems became more defined through the P/E test - Able to change actions - Experience a resolution to difficult problems by understanding and addressing each other's needs - Set up a financial budget and plan for more

		<p>reasonable spending</p> <ul style="list-style-type: none"> - Couples who fought about becoming a parent became pregnant - The husband started doing housework, the wife started making dinner for the husband, and both started calling each other's families - Actions have changed since they understood each other's standpoint - Relationship became closer and more enjoyable
	Developed a goal and vision	<ul style="list-style-type: none"> - Figured out what goal they should be working toward - Developed a dream for the future and established goals that they can share regarding planning for a child
	Change in their thoughts regarding counseling	<ul style="list-style-type: none"> - They felt scared that they would argue, but the counseling actually helped and offered consolation; would be willing to get counseling again in the future if necessary - They were concerned about fighting even more since it was couples counseling, but it helped because they were able to let their guard down and talk - They thought that it would have helped even more if they came to counseling earlier - They did not have any particular issues, but counseling helped them regarding problems that were difficult to resolve - They understood the importance of counselors and were able to see their relationship from an objective standpoint
Limitations of counseling	Resistance regarding assessment results	<ul style="list-style-type: none"> - Felt uncomfortable in talking in the beginning because issues that they wanted to hide were exposed through the test results - Test results were not good; relationship is different than expected
	Counseling is too short	<ul style="list-style-type: none"> - Four sessions were too short for the program; felt disappointed - Want to try different topics from the workbook
	Filling the workbook is inconvenient	<ul style="list-style-type: none"> - Thinking about things and filling in the workbook feels superficial and uncomfortable

<Table 2> Counseling experience and aspects of change in participants during general counseling

Category	Common themes across cases	Themes within cases
Motivation for counseling	Expectations from counseling	<ul style="list-style-type: none"> - Participated because they heard counseling would help - Understood emotions and feelings that their spouse was hiding that they were not aware of before
	Exploring and understanding issues through family genogram	<ul style="list-style-type: none"> - Understood the spouse and his/her family of origin through the genogram - Understood the impact of the family of origin through the genogram and understood themselves and their spouse - Found themselves repressing emotions and becoming cold-hearted to avoid exploding like their father when they get angry
	Recognizing issues	<ul style="list-style-type: none"> - Understood their different standards through the family rules test and unified them - Determined to change through the communication styles test - Made the effort to change by looking at their self-centeredness - Realized that their unresolved emotions have been aggregated - Saw that they were trying to solve problems using different solution methods - Explored problem solving methods and the communication styles test and recognized problems in their way of emotion expression
Relationship with the counselor	Able to talk about deep, inner topics	<ul style="list-style-type: none"> - Talked about heartache from childhood that they had not told anyone - Talked about family issues that were difficult and painful - Talked about difficult family issues - Talked about family issues that were too embarrassing to talk about - Came without any expectations, but they were able to talk about deep, inner things through counseling
	Trusted the counselor	<ul style="list-style-type: none"> - Female has opened up about difficulties with mother-in-law that she was bottling up - Explored inner icebergs in more depth - Talked about everything truthfully - Felt like they were able to talk about their inner feelings comfortably

	Felt sympathy from the counselor	<ul style="list-style-type: none"> - Felt touched and moved when the counselor sympathized with them and supported them - Was able to continue thinking about their words and actions and make more efforts because someone is rooting for them
Aspects of change	Internal resistance	<ul style="list-style-type: none"> - Uncomfortable and difficult because they have to keep opening up and reflecting - Did not know how to talk about things because there were questions they never thought about before - Felt uncomfortable because they talked about past issues
	Internal change	<ul style="list-style-type: none"> - Evaluated and recognized themselves on a deeper level - Opened up their bottled emotions and experienced themselves facing and solving issues - Understood each other's needs and the cause of conflict through the inner iceberg exploration - Realized that they have too many differences and the reality that they have a long way to go - Able to understand each other better and wait for each other - Moved their focus from the situation of conflict to their spouse - Reflected on the topic of their conversations and method of expression and became determined to work toward change
	Change in relationship patterns	<ul style="list-style-type: none"> - Understood that they have differences - Changed from "me-centered" to "us-centered" - Understood that the things they say when they are mad are not true and resolved their feelings - Apologized with sincerity and received forgiveness - Able to turn their focus from their difficulties with to their spouse
	Change in technique	<ul style="list-style-type: none"> - Able to see the will to resolve things little by little by answering the counselor's questions - Found out the cause of conflict and how to resolve the issue and changed
	Beginning of conversations	<ul style="list-style-type: none"> - Became more comfortable with issues and were able to listen and confirm each other's feelings in more detail - Able to have deeper conversations and respect each other - Understood the reason they were lacking in conversation, and decided to talk more and make an effort to look after one another

Effectiveness of counseling	Able to understand and accept	<ul style="list-style-type: none"> - Became more understanding and accepting - Able to be more careful and considerate now that they know the reason - Understood wife and her attitude toward husband's family - Understood each other's differences - Deeply considered how he can help with things his wife has a hard time with - Became a way to understand actions or aspects that they felt uncomfortable with or did not like
	Change in behavior	<ul style="list-style-type: none"> - Explored inner needs and expectations through continuously exploring inner icebergs - Made an effort to speak in consideration of his wife's perspective rather than focusing on his perspective - Tried leisure activities that they want to do together - Having more fun because there is more conversation - Opened the car door and held the umbrella for her until she got in the car - Understood what her husband likes and does not like and made an effort to fulfill his needs - Made an effort to not speak without thinking and tried to help his wife
	Developed a goal and vision	<ul style="list-style-type: none"> - Understood their differences and the direction for their future - Gained a direction for their life in the future - Understood the detailed direction for how they should live in the future - Understood their goals and visions for the future
	Change in their thoughts regarding counseling	<ul style="list-style-type: none"> - Negative thoughts regarding counseling changed to positive thoughts - Experienced that counseling is also necessary for ordinary people - Went beyond their bias regarding counseling and experienced a considerable amount of help from a preventative standpoint
Limitations of counseling	Counseling is too short	<ul style="list-style-type: none"> - Four sessions are too short for the program; felt disappointed
	Difficult to look into my inner self	<ul style="list-style-type: none"> - Difficult to look into one's inner self, but satisfaction increased later on - Difficult to answer questions that they never thought about before - Felt uncomfortable because they talked about past issues and thought they would argue

Comparing the counseling experience and aspects of change in participants from P/E couples counseling and general couples counseling

Motivation for counseling

There were slight differences between the two groups regarding their motivation for counseling. Couples who were given P/E counseling showed curiosity and expectations regarding P/E counseling from the very beginning, and they had a strong motivation and a desire to grow by getting their relationship evaluated through the P/E test and by receiving counseling. The couples who were given general counseling started with expectations regarding a vague concept of counseling, and they were motivated to seek counseling through the family genogram, the counselor's questions, communication style, family rule tests, and other assessments from the first session.

Relationship with the counselor

In both P/E counseling and general counseling, participants were able to talk about deep, inner topics that are difficult to talk about, trusted their counselor, and were able to be collaborative into counseling process as they felt the empathy of the counselor. There were slight differences between the two groups; because the P/E counseling involved a test report, the participants were able to trust the counselor with the test results, and that trust helped create rapport from the very beginning. Since there was no such tool during the general counseling sessions, the counselor had to attend and focus more on clients' responses during intervention to develop rapport.

Aspects of change from counseling

In both P/E counseling and general counseling, there was a variety of inner changes: changes in relationship patterns, changes in techniques, and the beginning of conversations in each couple. There were differences between the two groups; goals were more defined in P/E couples counseling due to the test results, and the changes in technique or actions were more evident. In general counseling, there was more in-depth inner change and more acceptance of each other.

Effectiveness of counseling

In both P/E counseling and general counseling, couples were able to understand and accept each other through counseling. There were changes in their behaviors, and they developed common goals. However, there were differences in the detailed aspects of changes which were affected by intervention. In P/E counseling, the questions provided a

more detailed intervention through the test, hence the domains of change were diverse, including communication, problem solving, family of origin, sex, finances, prospect of children, and division of roles. On the other hand, in general counseling, problems were addressed by focusing on communication, problem solving, and family of origin. The problems were chosen based on the issues that the couples' complained of. Interventions focusing on the general methods such as communication, family of origin, etc. allowed the counselor and participants to explore their inner selves more in depth.

Limitations of counseling

In both P/E counseling and general counseling, there was resistance and discomfort among the participants, but the degree of their discomfort differed. In P/E counseling, the participants felt uncomfortable because the test results revealed things that they wanted to hide and showed things that were different from their expectations. On the other hand, in general counseling, participants showed resistance and discomfort when talking about things from the past and reflecting on their inner selves.

Discussion

The following is a discussion on the results of this study with respect to the direction for building a preventative couple counseling model for newlyweds.

First, the results of this study distinctly show the benefit of short-term couples counseling from a preventative standpoint for newlyweds. Both P/E counseling and general counseling were short-term with just four sessions, and many participants expressed their disappointment with how short the program was. However, the effects of both counseling methods, by the end of the program, were relatively clear. The effects were sustained until the follow-up interview after 1 month of the closing session. Such results have some implications since they are the results of preventative couple counseling with newlyweds who were relatively satisfied with their marriage and had a high level of education. This shows that short-term couple counseling can develop a couple's relationship from a preventative standpoint for newlywed couples without specific issues. To build a preventative couple counseling model, a short-term model with 4-5 sessions is necessary when considering the participants' time and money. The results of this study show that considerable changes can be achieved through short-term counseling, which can increase the motivation for more in-depth counseling if necessary.

Second, the results of this study suggest what types of techniques or content should be

included in a preventative couple counseling model for newlyweds. In the same four sessions of counseling, the couples who received semi-structured counseling using P/E and those who received general couple counseling experienced different strengths and weaknesses of each method, and the participants underwent positive changes. Therefore, the authors suggest that the preventative counseling for newlyweds use a semi-structured counseling model that uses a combination of a standardized assessment tool such as P/E and some of the counseling techniques that the participants claimed were helpful from general counseling such as a family genogram.

In P/E counseling, since couples were able to recognize their strengths and weaknesses through a standardized assessment in the first session, their motivation to change was more noticeable early on. Since the problems that they were unable to recognize on their own were revealed through the P/E test before counseling, the counselor was able to help them address these issues from the very beginning. Moreover, they were able to find detailed solutions and techniques for dealing with their issues by using a workbook for each problem. This type of structured method helps couples develop their relationship by starting from the surface and encouraging them to gain insight into the essence of their relationship (Knutson & Olson, 2003; Kweon & Chun, 2007). In conclusion, the structured method with couple assessment would be beneficial when the newly-wed couples do not have any special issues as well as low motivation to seek counseling.

On the other hand, the general couple counseling was able to help participants explore their inner selves and issues by focusing on problems they addressed. However, because there was no detailed assessment tool, the counselor had to focus on the participants more, which helped build their bond in counseling. This study used a combination of family of origin exploration through the Bowen family systems theory, communication type and inner iceberg exploration from the experiential model, and questions and the philosophy of solution-focused model. Using a combination of counseling models and techniques that were verified for their effectiveness in previous studies (Choi, 1997; Choi, 2016; Chung & Kim, 2010; Kim & Kim, 2009) was found to help bring about change in the participants. In addition, these results support the recent trend that focuses on the advantages of eclectic and integrated methods of couple and family counseling (Lebow, 2016). Compared to the structured model with couple assessment, the general eclectic model would be beneficial when the newly-wed couples start to feel the need for change in themselves and for their relationship with relatively high motivation.

Because the preventive short-term counseling model including the couple assessment and semi-structured methods enhances clients' motivation and accessibility to counseling, it would be beneficial for Asian couples who do not seek counseling until serious problems

arise.

However, the above research results and discussion must be interpreted considering the study's limitations. Since the counselor, herself, conducted the clients' survey and interview on the experience and effects of counseling, it is difficult to eliminate the possibility that the participants did not truthfully talk about any negative experiences in counseling. Moreover, since counseling was provided from one counselor, the impact of the competence and style of the counselor was difficult to control.

Despite these limitations, this study holds significance in that it compared the experience and effectiveness of P/E counseling and general couples counseling for participants in preventative counseling for newlyweds, and proposed the need and a direction for building a short-term preventative counseling model for the future.

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