



Participants learn to manage personal and work stress, which increases their well-being and relationship satisfaction. Subsequently, creativity and job performance rise.

■ **Advanced training for professionals and practitioners**

In Switzerland and Germany, we regularly offer trainings to become a paarlife-coach.

This advanced training provides scientifically based knowledge and practice about conversational techniques and couples coaching.

Courses and supervisions will allow professionals to pass on skills about communication, problem solving, and stress management in the relationship to their future patients.

■ **Suggested literature**

Bodenmann, G. (2015). *Bevor der Stress uns scheidet. Resilienz in der Partnerschaft* (2nd edition). Bern: Huber Verlag.

Further information

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Couples coping with stress: The paarlife stress prevention training

Prof. Dr. Guy Bodenmann





■ Stress and the couple relationship

Research about couples shows that daily hassles are a strong burden for intimate relationships. Although most stress is experienced away from the partner (i.e., at work or at home with the children) it can shatter many relationships.

Stress that is experienced outside the relationship and is not adequately coped with, can spill over into the relationship, which can negatively impact the couple.

Conflicts in a relationship occur more often when one or both of the partners are stressed. Studies show that stress can lead to an impairment of the couple's communication and can also lead to alienation in the long run.

Therefore, relationship care starts with adequate stress-coping. The better both partners are able to cope with stress, the better they can handle strains and deal with conflicts. In turn, the couple is more satisfied and can profit from a more stable relationship.

■ What is the training about?

You will get a short theoretical introduction about the topics: dealing with stress together as a couple, communication within the relationship, and joint problem solving.

Self-reflection exercises, which everyone will fill out by themselves, to help detect one's own strengths and weaknesses, in relation to the mentioned competences. The core of the trainings consists of personally supervised couple exercises in the form of conversations. To guarantee privacy, every couple has its own room for the conversations.

The characteristics of the training are:

- mainly offered on weekends
- 4 to 8 couples
- special attention is given to each couple by intensive coaching: one trainer for two couples
- anonymity and discretion are guaranteed

The program is also available as an individual training, which is specifically tailored to the needs of the couple in conjunction with a personal paarlife-trainer.

■ Quality of the training

The paarlife-training (in English Couples Coping Enhancement Training, CCET) was developed in 1996 by Prof. Dr. Guy Bodenmann on the basis of intensive own and international research on stress and coping in couples.

The program is evidence-based and has been repeatedly shown to be efficacious in randomized-controlled studies. Longterm effects are reported on relationship satisfaction and dyadic competencies.

The paarlife-training is provided by professionals with additional training and licensing. They are regularly supervised.

■ For whom is the training suitable?

The paarlife-training is generally suitable for all couples: young couples, couples who want to prepare for living together, and those in long-term relationships who would like to strengthen their relationship. For an acute crisis, couple therapy or counseling is recommended.

■ paarlife in companies

The paarlife-training is also offered in the form of paarlife_{BUSINESS} for companies that would like to strengthen the empowerment of their employees. Relationship stress often spills over to business and increases absentism and social tensions and decreases creativity and professional commitment. Thus strengthening couples means improving employees' work performance.