

Research into the outcomes of the "Getting The Love You Want" workshop

Survey forms and consent letter for participants Set 1: For completion prior to the workshop

Please note: Each partner in a couple should complete their own set of forms

Thank you for your interest in participating in a research project to measure the outcomes of the "Getting The Love You Want" workshop for couples.

We do hope that you decide to participate in these surveys, which only take a few moments to complete.

The results will help us understand how to be more effective at helping couples strengthen their relationships, and guide is in bringing the benefits to more and more people.

To take part – all you and your partner need to do is:

1. Complete the consent form
2. Complete a brief survey before the workshop
3. Complete on-line surveys both 6 months and 12 months after the workshop

Inside this pack you will find:

1. The Consent form
2. The pre-workshop survey

Please complete these before the workshop starts and return them to the workshop presenter.

Thank you so much for your help

Harville Hendrix PhD and Helen LaKelly Hunt, Phd

Consent Form

Marital satisfaction, relationship dynamics and the Use of Imago Skills Among Past participants of the "Getting the Love You Want Workshop for Couples Consent Form

You are invited to participate in a research study of the experience of people who once attended a "Getting the Love You Want": workshop for couples . You were selected as a possible participant because of your knowledge and/or experience related to the topic. Please read this form and ask any questions you may have before acting on this invitation to be in the study.

This study is being conducted by: Theresa A. Beeton, PhD, Bernard Baca, Ph.D, Robert MacIntyre, Ph.D, Beverly Talan, Ph.D, members of the research committee of Imago Relationships International.

Background Information:

The purpose of this study is: To discover what Imago skills people are using and to learn about relationship satisfaction and dynamics before and after participating in the workshop for couples: "Getting the Love You Want"

Procedures:

If you agree to be in this study, you will be asked to do the following things. . . Fill out three surveys, the first immediately before the workshop. We also request that you agree to participate in this study for period of a year and fill out 2 additional sets of surveys. All of the surveys require that you check off sections on the form. After filling out the first set of surveys you will give them back to your workshop presenter and agree to fill out follow up surveys after the workshops through an online medium. By filling out the surveys and returning them in the mail you will be indicating your willingness and consent to participate in the study.

Voluntary Nature of the Study:

Your participation in this study is strictly voluntary. Your decision whether or not to participate will not affect your current or future relations with your therapist workshop presenter or anyone associated with Imago Relationship Therapy. If you initially decide to participate, you are still free to withdraw at any time later without affecting those relationships.

Risks and Benefits of Being in the Study:

There are no apparent risks to participating in this study other than the time it will take to fill out the forms. If you experience significant stress you are under no obligation to continue participating in the study.

There are no benefits to participating in the study other than helping to inform Imago Relationship theory.

In the event you experience stress or anxiety during your participation in the study you may terminate your participation at any time. You may refuse to answer any questions you consider invasive or stressful.

Compensation:

You will not be compensated for filling out the surveys

Confidentiality:

Your personal identity remains confidential.

The records of this study will be kept private. In any report of this study that might be published, the researcher will not include any information that will make it possible to identify a participant. Research records will be kept in a locked file; only the researcher will have access to the records.

Contacts and Questions:

The lead researcher conducting this study is Dr. Theresa A. Beeton. The director of Imago Relationships International is Tim Atkinson. *You* may ask any questions you have now. If you have questions later, you may contact them at:

Dr. Theresa A. Beeton 703-771-7555
215 Loudoun St. SE.
Leesburg, VA. 20175

Email tabron@rstarmail.com

Tim Atkinson 212-240-7433
160 Broadway East Building
Suite 1001
New York, New York 10038
Email
Timatkinson@imagorelationships.org

You may keep a copy of this consent form.

Statement of Consent:

I have read the above information. I have asked questions and received answers. I consent to participate in the study

Name: _____ Date: _____

Pre-workshop Survey

Personal Information

Imago Relationships International Research Study 2007

Name _____ Partners name _____

Address _____

Occupation _____

Home phone _____

e-mail address _____ (this is needed for the follow-up survey)

Age _____ Religious/spiritual affiliation _____

Race/ethnicity _____ Male/Female _____

Gross income _____

Marital status _____

Number of previous marriages or committed relationships _____

Were they ended in death, divorce, separation, other. (please circle)

Number of years in current relationship _____

Currently in psychotherapy? YES / NO (Please circle) How Long? _____

Are you participating in Imago therapy? YES / NO (please circle) How long? _____

Circle all that apply: Imago couple therapy; Imago individual therapy;
Imago group therapy; No Imago therapy

Please list number of children and ages _____

Birth order in family of origin _____

Number of Imago workshop attended _____

Current Imago Workshop place _____

Current Imago workshop Presenter _____

Pre-Workshop Survey - Locke-Wallace Relationship Measure

1. On the scale below, please check the dot that best describes the degree of happiness, everything considered of your present relationship. The middle point, "Happy" represents the degree of happiness which most people get from their relationships, and the scale gradually ranges on one side to those few who are very unhappy in their relationships, to those few who experience extreme joy or felicity in their relationships.

*	*	*	*	*	*	*
Very Unhappy			Happy			Perfectly Happy

On the following Items, Please state the approximate extent of agreement or disagreement between you and your partner. Please check one column for each item

	Always agree	Almost Always agree	Occasion-ally agree	Frequently Disagree	Almost Always Disagree	Always Disagree
2. Handling finances						
3. Matters of recreation						
4. Demonstrations of affection						
5. Friends						
6. Sex relations						
7. Conventionality right, good, or proper conduct						
8. Philosophy of life						
9. Ways of dealing with relatives						

Please go to next page

Locke-Wallace Measure, page 2

For the following items, please CIRCLE the response which best answers the question.

10. When disagreements arise, they usually result in:
- (a) You giving in
 - (b) Your partner giving in
 - (c) Agreement by mutual give and take
11. Do you and your partner engage in outside interests together?
- (a) All of them
 - (b) Some of them
 - (c) Very few of them
 - (d) None of them
12. In leisure time, do you generally prefer:
- Does your partner generally prefer:
- (a) To be "on the go"
 - (b) To stay at home
 - (a) To be "on the go"
 - (b) To stay at home
13. Do you confide in your partner?
- (a) almost never
 - (b) Rarely
 - (c) In most things
 - (d) In everything

Answer the following questions only if you are married to, or planning to marry to marry, your partner.

14. Do you ever wish you had not married your partner(or planned marriage)
- (a) Frequently
 - (b) Occasionally
 - (c) Rarely
 - (d) Never
15. If you had your life to live over, do you think you would:
- (a) Marry (or plan to marry) your current partner
 - (b) Marry(or plan to marry) a different person
 - (c) Not marry(or plan to marry) at all

Pre-workshop survey - Relationship Scale

Please answer each question below by indicating how strongly you agree or disagree with the idea expressed. You can circle any number from 1 to 7 to indicate various levels of agreement or disagreement with the ideas expressed. Please try to respond to each item.

1 2 3 4 5 6 7
Strongly Disagree Neither Agree Nor Disagree Strongly Agree

1 2 3 4 5 6 7 My relationship with my partner is more important to me than almost anything else in my life.

1 2 3 4 5 6 7 I want this relationship to stay strong no matter what rough times we may encounter

1 2 3 4 5 6 7 I do not feel compelled to keep all of the commitments that I make

1 2 3 4 5 6 7 I like to think of my partner and me more in terms of "us" and "we" than "me" and "him/her".

1 2 3 4 5 6 7 I think a lot about what it would be like to be married to (or dating) someone other than my partner.

1 2 3 4 5 6 7 My relationship with my partner is clearly part of my future life plans

1 2 3 4 5 6 7 My career (or job, studies, homemaking, childrearing, etc) is more important to me than my relationship with my partner.

1 2 3 4 5 6 7 It makes me feel good to sacrifice for my partner

1 2 3 4 5 6 7 I do not want to have a strong identity as a couple with my partner.

1 2 3 4 5 6 7 I don't make commitments unless I believe I will keep them.

1 2 3 4 5 6 7 Giving something up for my partner is frequently not worth the trouble.

1 2 3 4 5 6 7 When push comes to shove, my relationship with my partner often must take a back seat to other interests of mine.

1 2 3 4 5 6 7 I am not seriously attracted to anyone other than my partner.

1 2 3 4 5 6 7 I may not want to be with my partner a few years from now.

Pre-workshop survey - Imago Intentionality Measure

Please circle your answer

1. How frequently do you use *mirroring* with your partner?
Never Rarely Sometimes Frequently Always
2. How frequently do you offer *validation* in response to your partner's messages, when it would be appropriate to do so?
Never Rarely Sometimes Frequently Always
3. How frequently do you express *empathy* to your partner when it would be appropriate to do so?
Never Rarely Sometimes Frequently Always
4. As far as my *relationship exits* are concerned: I generally use relationships exits...
Never Rarely Sometimes Frequently Always
5. How often on average, do you perform a *caring behavior* intentionally for your partner?
Never Rarely Sometimes Frequently Always
6. How frequently do you *re-image* your partner as wounded?
Never Rarely Sometimes Frequently Always
7. When I am frustrated with my partner, *I express that frustration* spontaneously, without making an appointment...
Never Rarely Sometimes Frequently Always
8. I translate my frustrations into *behavior change requests*...
Never Rarely Sometimes Frequently Always
9. I engage in some kind of *high energy fun* with my partner...
Never Rarely Sometimes Frequently Always
10. I *criticize* my partner...
Never Rarely Sometimes Frequently Always
11. In general, as far as the *stretching principle* is concerned, I use this principle in my interactions with my partner...
Never Rarely Sometimes Frequently Always