

# LINKS: POPULATIONS

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## CIVILIAN COUPLES

The LINKS course has adult workbooks for couples of all ages.

- Couples in the community
- Incarcerated individuals and their partners
- Secular and faith-based workbooks
- Counselors and social workers in 1-on-1 and group classes

The course teaches relationship skills that develop and deepen the five relationship bonds of the RAM: how well a couple *knows* and understands each other; *trusts* and believes in each other, expressing it in positive and affirming ways; *relies* on each other by working together, playing and loving each other in ways that meet each other's unique needs; dynamically *commit* to each other in ways that keep a partner's presence close regardless of time and distance apart; and affectionately, romantically and sexually touch each other in loving ways. These skills include skills of communication, conflict management and resolution, problem solving, maintaining a positive attitude with cognitive reframing; skills of attending and mutually meeting needs, daily renewal of commitment and faithfulness; and skills of affection, romance and sexual intimacy. The primary take-away is to regularly engage in couple huddles--a format taught in the LINKS course for how couples can positively adjust small imbalances in their relationship in order to minimize vulnerabilities and actively increase closeness and mutual enjoyment.

## MILITARY COUPLES

The military version of the LINKS course has alternative pre and post-deployment exercises and is an exceptional course for teaching couples how to prepare for the changes in their relationship due to separation and also how to adjust to their reunion. This course is currently being used by all branches of the military and has been included in the Army Chaplain's Basic Officer Course at Fort Jackson for over four years. LINKS continues to be taught in the Army Strong Bonds Program, and also in the Navy and Air Force with certified trainers in Chaplaincies, Family Advocacies, and other military organizations.

## INCARCERATED INDIVIDUALS/COUPLES

The LINKS course has been used extensively with incarcerated individuals and even couples. Marriages that Work in Michigan and Michigan Healthy Marriage Coalition have served over 50 inmates and their spouses. To discuss the use of the LINKS course with incarcerated individuals and couples, please contact [Fred@lovethinks.com](mailto:Fred@lovethinks.com) or [info@lovethinks.com](mailto:info@lovethinks.com).