

Our Home Runs Research Overview



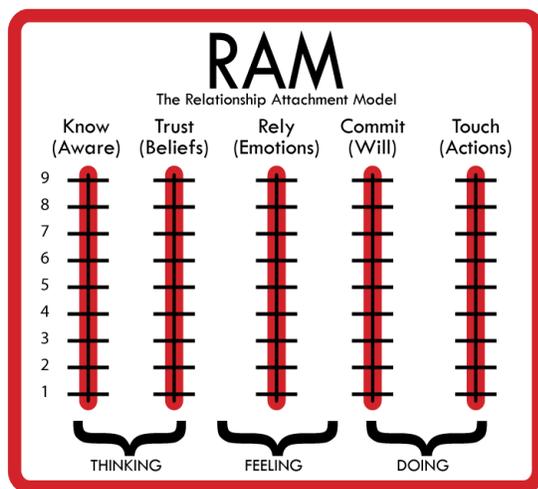
The following report summarizes the research on the Our Home Runs Program. For research summaries on the other programs offered by Love Thinks please visit www.lovethinks.com or email info@lovethinks.com.



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Overview of the Courses that teach the RAM

The Relationship Attachment Model™ (RAM) is an easy-to-understand, interactive model that provides a framework for integrating the basic systems of the



self, the connections in relationships, and the major psychological theories. First, this model proposes that there are five distinct and inter-related systems of self: a sensory system, a cognitive system, an affective/emotional system, a volitional system, and a tactile/sexual system. Second, each system contributes a unique connection to the overall experience of relationships: the sensory system contributes awareness within the self with the connection of knowing others; the cognitive system contributes beliefs within the self with the connection of trusting others; the affective/emotional system produces emotions within the self with the connection of relying on others; the volitional system produces a will within the self with the connection of commitments to others; and the tactile/sexual system contributes actions/expressions within the self with the contribution of touching others. The first two dynamics relate mostly to thinking processes

(sensory integration theory, cognitive theory, attachment theory, object relations theory); the third to feeling or affective processes (social exchange theory, emotionally-focused theory); and the last two relate mostly to behavioral processes (behavioral theories, sexual theories).

The RAM can explain the connections in four key relationships of life: how one relates with oneself, others, circumstances and spirituality. These four domains capture most life experiences.

COUNSELING WITH THE RAM

This course explains counseling theory and research integrated and supported by the RAM. It uses the RAM to provide a framework for understanding the counselor's relationship with a client/constituent in counseling and then a framework to understand the constituent's relationships with others, self, circumstances and spirituality. In the case of the former, the course teaches key areas to explore with a client (KNOW), ways to develop a therapeutic alliance and trust while formulating an accurate conceptualization of the client (TRUST); ways to determine the competency of the counselor to meet the needs of the client (RELY); ways to determine the plan to help the client (COMMIT) and follow-up with the client (TOUCH) to ensure that treatment/support/referrals are effective in client's life.

PICK (Premarital Interpersonal Choices & Knowledge)

This course applies the RAM to singles' romantic relationships with emphasizing healthy relationship development (each level should not exceed a previous level in developing relationships) and five crucial areas to explore to accurately KNOW a partner

from other relationships, compatibility potential and relationship skills).

LINKS (Lasting Intimacy through Nurturing, Knowledge & Skills)

This course applies the RAM to couples' relationships with emphasizing that the balance of the RAM connections will naturally fluctuate. The key is that couples regularly balance their imbalances by strengthening and setting goals with each of the five dynamics of the RAM in weekly "huddles."

OUR HOME RUNS (Families stepping up to the plate)

This course applies the RAM to family relationships to strengthen the ways that families communicate, respect, work and play together, support and build family resilience, and express affection and affirmation. Our Home Runs, like the LINKS course, also teaches a practical format using the RAM but in this case, for family meetings: Catch Up (know), Patch Up (trust/respect), Dream Up (rely through working and playing together), Back Up (commit & support), and Build Up (expressing affection & affirmations).

ULTIMATE SPIRITUAL RESILIENCY & RELATIONSHIPS (R&R)

The last course applies the RAM to the development of spirituality. This pluralistic course encourages individual exploration and small group interaction while emphasizing that spirituality is resilient to the proportion that it is a positive source of strength to the three other relationships of life: how one relates with him/herself, others, and the circumstances of life. Although all humans are spiritual beings, spirituality can also be developed and the RAM provides a practical framework for understanding this journey. This process begins with one's awareness of spirituality (KNOW) and his/her own spiritual values/beliefs (TRUST); the process of developing and deepening spirituality requires that these values and beliefs also become sources of strength (RELY) in how circumstances and emotions are managed; and finally, priorities and decisions (COMMIT), and relationships with others (TOUCH) need to be consistent with these spiritual values and beliefs.

MILITARY SETTINGS: CH-BOLC

Pastoral Counseling with the RAM is taught in Phase Two of the Army Chaplain Basic Officer Leadership Course. Chaplains are instructed in counseling theory and marriage and family relationship research in the first half of this course. Then they are taught how to conduct an initial counseling interview, form a conceptualization and simple treatment plan for a client/constituent, and determine competency, need for referral, follow-up and pastoral care.

Three certification courses are taught in Phase Three that apply the RAM to three key relationships: PICK for premarital romantic relationships; LINKS for couple relationships; and Our Home Runs for family relationships.

The use of the RAM provides a CONTINUITY of training in both pastoral care and the practical courses taught in Strong Bonds to help singles, couples and families build healthier and more resilient relationships.

MILITARY SETTINGS: C4

PICK and LINKS have been taught to Chaplain Captian's Career Course (C4) classes when it was determined that the majority of students have not received certification in these courses. If student-chaplains have been trained then updates of materials are provided and reviewed.

The Ultimate Spiritual R&R course is also taught to C4 classes to provide chaplains with a course that is consistent with principles in the Comprehensive Soldier Fitness resiliency training and able to be taught in pluralistic settings.



Overview of Our Home Runs workshop

OVERVIEW

Our Home Runs is a family course that is designed to be led by an instructor and at least one helper. Entire families should attend with children ages 4-5 years old and older (this is up to the discretion of parents). The course has many activities for the entire family to do together. In addition, there are activities just for kids and some just for parents. There is a cohesiveness to the course as it teaches families to take responsibility for five crucial areas of their relationship as represented in the Relationship Attachment Model (RAM): the ways they “stay in the know” through positive communication and time together; the ways they keep positive attitudes of respect and trust; the ways they rely on each other by working together and playing together; the ways they commit to supporting each other and resiliently sticking together through challenging times; and finally, the ways they touch each others’ lives, affirming their love and appreciation for each other (the italicized words are the five relationship bonds represented in the RAM). These five sessions also are a five-step format for family meetings (which is the one primary take-away in this course). Our Home Runs uses a baseball theme to keep the activities and concepts fun and easy to understand, and culminates in session five with a family-team appreciation & awards ceremony in which family members give to each other positive gifts that they worked on in previous sessions.

DESCRIPTION

Our Home Runs is built around a theme of baseball in which parents are compared with coaches, and kids are compared to players. The course has five sessions and each session develops one of the five dynamic bonds or connections that occur in relationships represented by the Relationship Attachment Model. Families are taught the skills that help keep them strong and vibrant

in these five connections, as well as a format for regular family-team meetings.

The format for the family meeting (referred to as “family-team meetings”) follows the RAM and is described in the Family Playbook, the workbook binder given to each family. Families use the “go-around” method where each family member has a chance to talk. This family-team meeting format is simple and need only take around 30 minutes a week. You have five “topics” that match the five connections of the RAM.

Family Team Meetings

- **CATCH UP (KNOW)** Talk about what has happened with family members since last family-team meeting (or the last week).
- **PATCH UP (TRUST)** Talk about how family members have been getting along and cooperating with both the rules of the household and other family members.
- **DREAM UP (RELY)** Talk about what each one would like to 1) do with, 2) give to, and 3) receive from the other family members; and what each family member has been 1) doing with; 2) giving to; and 3) receiving from other family members.
- **BACK UP (COMMIT)** Talk about the ways that family members were supported through any challenges since your last family-team meeting.
- **BUILD UP (TOUCH)** Express your appreciation for family members and what they have done for you since last team meeting. Talk about the ways since your last family-team meeting that love and appreciation has been expressed within your family.

A summary of the five sessions are:

Session One: Our Family-Team Talks

- Your family-team must effectively communicate--both verbally and nonverbally. You must know how to encourage each other, challenge each other, listen and speak to each other; and you must know how to read each other even when words are not spoken. In addition, regular family communication is essential for building strong relationships and preparing and reviewing what happens on the field of play.

Session Two: Our Family-Team Sportsmanship

- Your family must gain and maintain good attitudes toward each other. Family members, like teammates should be your biggest fans! Both parents (coaches) and kids (players) need to practice a mutual respect toward each other, even though you have different roles and responsibilities. However, this requires a clear understanding of each one's roles and responsibilities, the rules and expectations of the parents, and the consequences of not following the rules.

Session Three: Our Family-Teamwork

- Your family must work together and also be able to play together. Each member has different strengths and interests, but the goal should be to build on each member's strengths so that each member contributes to the whole family while also improving on his/her weaknesses because of the strengths of the others. Making sure that the needs of the family members are considered and met will build the cohesion of teamwork.

Session Four: Our Family-Team Resilience

- Your family must have a commitment and loyalty to each other that supports and strengthens the resiliency of each member and the family as a whole. Families need to "step out of the game" and regroup in a family team meeting. This is where parents and kids can "keep it real," knowing that you are just with your "teammates." It is vital to make these family meetings a priority, even mandatory! This will help to ensure that your family makes plans to be together in many ways--from one-on-one to entire family talks and activities.

Session Five: Our Family-Team Appreciation

- Your family must express appreciation, love and support to each other. The strength of your family bond is expressed by the ways you support and touch each other's lives. It is this spirit of acceptance and affirmation that creates the feelings of belonging and security within your family.

LEARNING OBJECTIVES

1. Describe for families a simple but comprehensive picture of the key areas of family relationships that need to be regularly strengthened. This includes positive communication, clear parental values, respectful negotiations within a balanced authority structure, enjoyable and supportive involvement within the family that meets the unique needs of the family members, and expressions of appreciation and affirmation between family members.
2. Instill and practice the skills that help to strengthen each of the five key areas of family relationships.
3. Provide a plan or format for regular family meetings that emphasize positive appreciation, meeting each others' unique needs, togetherness and respect.

TEACHING & TRAINING METHODS

The Our Home Runs course involves class discussion, small group activities and family exercises.

MATERIALS

Program materials come in English.

INSTRUCTOR CERTIFICATION COURSE

Instructor materials include a 2'x3' RAM chart and a baseball bag with the following items in it: Family Playbook with Family Notes and the Instructor Lesson Plans, a rubber bat, a rubber baseball, a pennant, and a set of crayons. a large instructor tri-fold RAM board; and a summary of the research used in the course. At this time, all certifications require attendance of a live certification training. Participants will also gain access to the private R&R instructor sections of the website for additional instructional materials and free downloads.

**The participant materials are the same as the instructor materials except they do not include the RAM chart or lesson plans in their Family Playbook. One bag per family is required.*

Our Home Runs

Instructor Evaluation Summary

The Our Home Runs has been taught to 127 Chaplains. On average, the participants were male, married, and white. When looking at their evaluation of the courses, the majority of Chaplains were satisfied with their trainings and felt the programs provided relevant solutions to common problems faced by families. A break down of each question is below. The responses are recorded as percentages. Additionally, participant comments are recorded at the end of the summary.

N= 76

	% Agree	% Slightly Agree	% Slightly Disagree	% Disagree
The instructor gave clear explanations of the program material.	90.8	9.2		
The HR program will help families manage their relationships better.	88.2	11.8		
The HR program provides answers to relevant questions families face.	85.5	13.2	1.3	
I believe the HR program will benefit families.	88.2	10.5	1.3	
I increased my understanding and confidence of how to effectively teach the HR program.	85.3	13.3	1.3	
Overall, I am very satisfied with my training in the HR program.	84.2	14.5	1.3	

This is some of the best training I have received. Great method of teaching and very relevant and practical.

I really appreciate a standardized model for Strong Bonds programming. I believe the materials can be widely applied to diverse groups of people. This HR ideal in the military environment. Dr. Van Epp has a special way of teaching, guiding, and modeling Chaplains regardless of their previous counseling experience.

This is excellent material. Really good stuff. Thank you for this real GIFT!

The programs presented are beneficial to military personnel. The program, HR, I believe is one of the most beneficial. All three can be used in a church setting. I would use the HR program more during a yellow ribbon if all possible.

I enjoyed this training very much. It will benefit both military personnel as well as my local church. Thank you so much for your time, sir.

N= 51

	% Agree	% Slightly Agree	% Slightly Disagree	% Disagree
The instructor gave clear explanations of the program material.	100%			
The HR program will help families manage their relationships better.	100%			
The HR program provides answers to relevant questions families face.	96%	4%		
I believe the HR program will benefit families.	100%			
I increased my understanding and confidence of how to effectively teach the HR program.	96%	4%		
Overall, I am very satisfied with my training in the HR program.	96%	4%		

This program is very powerful, practical and life changing. I would like to take it again.
This has been the highlights of all CH-BOLC instructional time. I can honestly say that I'm very excited to further my learning in these areas as well as personally apply these principles to my life, marriage, and family.
All training sessions were very great. The training will be highly useful for my military career. The materials and mode of training were very helpful and the instructor presented the materials with great passion.
Amazing training and looking forward to utilizing these trainings/teachings in both military and civilian settings.
These sessions were absolutely amazing! They greatly enhanced my understanding of the respective topics and all info will be put to good use. Thank you so much!
I'm very pleased with the training as well as the Army allowing the instructor to teach us as Chaplains to help families in the military.



DR JOHN VAN EPP

author | speaker | trainer

about John

John Van Epp, PhD in Counseling Psychology, is the founder of Love Thinks, LLC and author of *How to Avoid Falling in Love with a Jerk*, published by McGraw-Hill. His pastoral background, twenty-five years of clinical experience and extensive research in premarital, marital and family relations have paved the way for his courses, *PICK (How to Avoid Falling for a Jerk)*, *Couple LINKS*, *Our Home Runs*, *Ultimate Spiritual R&R*, and *Pastoral Counseling with the RAM* to be taught in thousands of churches, singles organizations, military and educational settings and social agencies in all fifty states, ten countries and by more than 6,000 instructors certified by Dr. Van Epp.

Van Epp and his innovative Relationship Attachment Model, book and relationship courses were awarded the Smart Marriage Impact Award (2008) and have been featured in *The Wall Street Journal*, *Time Magazine*, *Psychology Today*, *O Magazine*, and *Cosmopolitan*; and he has appeared on the CBS Early Show, the O'Reilly Factor, Fox News, and Focus on the Family.

“EYE OPENING AND PRACTICAL, HOW TO AVOID FALLING IN LOVE WITH A JERK IS FOR ANYONE WHO'S TIRED OF DATING AND WANTS TO FINALLY FIND "THE ONE".”

JOHN GRAY, AUTHOR OF MEN ARE FROM MARS, WOMEN ARE FROM VENUS

POPULATIONS SERVED

The United States Army, Navy, Coast Guard, Air Force, & Marines

Marriage & Family Coalitions

Incarcerated Youth & Adults

Faith-based Organizations & Churches

Divorced & Single-Again Adults

Recovery Organizations & Programs

Domestic Violence & Pregnancy Centers

“FROM A RICH CLINICAL AND ACADEMIC BACKGROUND, DR. VAN EPP IS ABLE TO EXPLAIN THEORY & RESEARCH WITH SUCH PRACTICAL INSIGHTS, PERSONAL STORIES, & A CONTAGIOUS SENSE OF HUMOR!”
US ARMY CHAPLAIN, LOVE THINKS INSTRUCTOR

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resources for developing healthy individuals & relationships



“

WITH ALL THE CHANGES IN THE MILITARY, I BELIEVE THAT LOVE THINKS PROGRAMS WILL HELP INDIVIDUALS, COUPLES, & FAMILIES COPE WITH WHATEVER CIRCUMSTANCES THEY FACE.”

US AIRMAN, ULTIMATE SPIRITUAL R&R INSTRUCTOR

PROGRAMS OFFERED

PICK a Partner Program: for singles

Couple LINKS: for committed couples

Ultimate Spiritual R&R: for all individuals

Our Home Runs: for families

Counseling with the RAM: for Lay & Professional Counselors

about Love Thinks

Love Thinks, LLC is dedicated to creating educational programs that teach how to build, strengthen, and manage relationships. You will find that the Relationship Attachment Model (RAM) provides a picture of love and closeness. When you understand what produces the feelings of love in your relationship, and how these dynamics work together, then you can manage your relationship, healing hurts and deepening intimacy.

Four programs use the RAM. The first is the PICK a Partner, aka *How To Avoid Falling for a Jerk(ette)* which teaches how to build a healthy relationship that keeps the head and heart working together. The *Couple LINKS* Program empowers couples to be active relationship managers and work together to keep their relationship strong and resilient. *Ultimate Spiritual R&R* teaches individuals how to use the RAM to develop their spirituality in ways that increase their ability to resiliently relate with three domains of life: self, others, and circumstances. And *Our Home Runs* helps families know how to stay connected while successfully running their homes.

“

THE RAM IS AN EXCELLENT TOOL. THE BEST TRAINING I'VE EVER RECEIVED. I HAVE A MASTERS IN COUNSELING & NEVER RECEIVED INSTRUCTION SO PRACTICAL, RELEVANT, AND USEFUL.”

CLINICAL COUNSELOR, LOVE THINKS INSTRUCTOR

For pricing and information about keynote, workshop, or live training please email info@lovethinks.com www.lovethinks.com