Adaptation Fatherhood, Individual, and Islamic Versions of PREP

ABSTRACT

In this chapter we have two major aims. The first focus is to describe the development and evaluation of a version of the Prevention and Relationship Education Program (PREP) that is delivered to couples as well as individual members of a couple. Second, we’ll provide our initial ideas about applying some of the core dimensions of PREP to Islamic cultures in general and Muslim couples in particular. Through both aims, we seek to confront the challenges of applying a research-based intervention to help couples in diverse populations and cultures.