

## **Curriculum Outline: From Warrior to Soul Mate Program Overview**

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- I. VHA Mission Statement
- II. Office of Patient Centered Care & Cultural Transformation
- III. Warrior to Soul Mate Program Mission Statement
- IV. Overview
- V. PAIRS Model
  - a. Objectives
  - b. Concepts and tools
- VI. Module One: The Heart of Intimacy
  - a. Levels of Learning, Stages of Relationships, Hopes/Fears
  - b. Relationship Road Map
  - c. Stress Styles of Communication
  - d. Daily Temperature Reading
  - e. Taking Tips
  - f. Love Bank
- VII. Module Two: Constructive Conflict
  - a. Emotional Stages of Development
  - b. The Emotional Jug
  - c. Emptying the Emotional Jug
  - d. Fair Fight for Change
- VIII. Module Three: Emotional Literacy
  - a. Love Knots & Untangling Love Knots
  - b. Powergram
  - c. Emotional Allergies
  - d. Transforming the Loop
- IX. Result: Healthier Relationships, Healthier Veterans
- X. Products & Tools
  - a. Consult Process
  - b. Flexible Model
  - c. Pre and Post Evaluations
- XI. Fiscal Year 2014 Statistics
- XII. Factors Facilitating the Process
- XIII. Conclusion