

BONUS WORKSHOPS

4:00 to 4:50 p.m. or 5:00 to 5:50 p.m.

Josh Novak

Sticking Together When Times Get Tough (4:00 only)

Ballroom A

During this workshop, couples will learn tips and strategies to maintain intimacy during a crisis. This workshop will utilize Family Stress Theory to understand the interplay between the crisis situation/event, each partner's perceptions of the crisis event, and the couples' emotional resources. Specific strategies will be discussed that identify how couples can foster resiliency during times of crisis.

Ryan Seedall

Empty Nest Success: Self-Care and Reconnection Tips (4:00 only)

Wildcat Theatre

The "empty nest" is a time of great transition for families as they adjust to not having children in the home for the first time in 20+ years. Although this can be a challenge for families as they figure out roles, boundaries, communication, etc., it represents a great opportunity for individual self-care and relationship reconnection. In this workshop, we will discuss tips that will make the transition to the empty nest a bit easier and help you develop a plan for individual renewal and relationship enhancement.

Jeff Tesch & Celeste Jensen

Same Page Parenting (presented at 4:00 and 5:00)

Room 404AB

Come discover the keys to a happy home as we discuss how to bring out the best behavior in your child while significantly decreasing your stress level. This involves getting on the same page as a couple to maintain your couple connection while working smarter, not harder.

Mark Jarvis

Let's Talk: Communication that Works (presented at 4:00 and 5:00)

Ballroom C

Communication is one of the most challenging aspects of marriage, but it can also be something that enhances the quality of a relationship. In this workshop we will address ways to improve the quality of communication, work toward resolving conflicts and discuss the pitfalls to be aware of and avoid. Come and learn how to improve the quality of your communication to stay connected.

Randy Chatelain

The Power of Play to Add "Spark" to Your Marriage (5:00 only)

Ballroom A

Dr. Chatelain believes that "life must be lived as play." Play is also the secret ingredient to "liven-up" your marriage. Dr. Chatelain will help you understand the importance of play in your relationship, offer ways to increase play in your marriage and address obstacles to playing together. Come prepared to laugh, learn and have fun!

Darren Johansen

\$ for Fun – Keeping Your Marriage Vibrant (presented at 5:00 and 6:00)

Wildcat Theatre

Come learn creative ways to save for some fun in your spending plan and make every dollar work for you. We all have great intentions of balancing our financial resources but did you know if you don't plan for fun then you're planning to fail? This workshop is designed to help you find money and time for fun so you love your life and marriage more.

DINNER BREAK—BRING YOUR OWN TAKE-OUT AND ENJOY!

(Limited food options available in the Atrium dining area—see folder for details.)

OR

Enjoy select bonus workshops you may have missed (see above)

(Please plan on bringing dinner with you as doors will close promptly at 5:00 p.m.)

WORKSHOP SESSION #1 6:00 to 6:50 p.m. & WORKSHOP SESSION #2 7:00 to 7:50 p.m.

Choose any *two* of the following workshop options:

Eric Bjorklund

Figuring Out that Other Gender to Make Your Marriage Sizzle

Ballroom A

Except for some obvious differences, most of the physiology of males and females is similar. In the last 25 years, neurological science has discovered brain-based differences between the genders, which may or may not surprise you. Understanding these potential differences can make a huge difference in loving that other gender and inclining him/her to love you back. Try some science and fun to increase the love and intimacy between you.

Dave Schramm

***Soft Hearts, Sparks, and Smart Remarks:
Principles and Practices for Building (and Destroying) Unity in Marriage***

Ballroom C

Criticism, negativity and losing your cool can quickly put the flames out in marriages. Building unity, friendship and positivity are keys to keeping the spark alive. Come learn research-based principles and practices for working together as a team and explore possible areas for improvement.

Jennifer Squire

Communication that Connects

404AB

This class will cover why our automatic ways of communicating aren't usually effective at getting what we want. We will also discuss three steps to help people begin to transform frustration in their relationships to understanding and closeness with their loved ones. We will focus on marriage, but these principles can also be applied to relationships with children and other friends and family.

Ryan Dunn

What Don't We Have in Common? Embracing Our Differences

Room 320

In this workshop, we will highlight the value of differences and diversity in our lives and especially our relationships. Unlike past discussions where authors and speakers explain love as if partners are ever at odds, coming from different planets, we will examine the wonderful ways to enjoy our lives together because of, and not in spite of, the differences we find in one another.

Darren Johansen

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Wildcat Theatre

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Logan Lyons

Parenting Millennials and Beyond: We Are in This Together (6:00 only)

Room 316

Parenting adult children can be challenging! Come learn tips to work together as a team to parent emerging adults. We will discuss what defines emerging adults, what developmental aspects are special about this age group, and information and an interactive activity related to the "best practices" for parenting this age group.

Alan Brooks

Discussing Hard Topics with Your Kids (7:00 only)

Wildcat Theatre

This is a scary world even for adults! Can you imagine what it is like to be a child today? With all that is going on in the world, our children can be frightened and confused, resulting in anxiety, terror and depression. This workshop will discuss how to communicate and teach coping skills during individual, family, community and world traumas.

Sheryl Goodey

Ways to Prevent Your Stepfamily from Dousing the Flame of Remarriage (7:00 only)

Room 316

Considering the unique challenges of stepfamilies, this workshop will cover the importance of nurturing the couple relationship and keeping the flame alive. Parenting styles will be discussed with a focus on effective stepparenting approaches to reduce your chances of getting burned. Other hot topics include the realistic time needed to build strong stepfamily ties and strategies to develop those crucial connections.

DESSERT BREAK 7:50 to 8:10 p.m. Mezzanine

(Please stand clear as walls are being taken down between ballrooms.)

KEYNOTE SPEAKER: Matt Townsend 8:10 p.m. Ballrooms A, B and C

PRESENTER BIOGRAPHIES

Eric Bjorklund, JD, is the president of Utah Youth Village, which serves the needs of troubled children and families throughout Utah, the United States and the world. He has been the president of the Utah Youth Provider's Association, practiced law for 5 years, and worked as Utah Assistant Attorney General. He chaired the Eighth National Conference for the National Teaching Family Association and served on the Governor's Commission for Women and Families and on the Governor's Commission of Crime and Juvenile Justice. Eric is married to Sylvia Swenson Bjorklund and has five children.

Alan Brooks, LMFT, grew up in Morgan, Utah. He received a bachelor's degree from Weber State University with a double major in family studies and social work. He continued his education at Auburn University where he graduated with a master's degree in marriage and family therapy (War Eagle!) in 1996. For over 20 years, Alan has worked with individuals, couples and families in private therapy. He married his high school sweetheart 27 years ago and they have four spirited children. He practices in Ogden and Morgan.

Randy S. Chatelain, Ph.D., LMFT, has been helping couples for over 30 years, both as a marriage and family therapist and marriage educator. He previously served as chair of the Utah Commission on Marriage. He is a popular presenter and has been part of the Marriage Celebration for more than a decade. He recently retired from Weber State University where he was an Associate Professor of Family Studies. His focus now is on his private marriage therapy practice and enjoying his own family.

Ryan Dunn, Ph.D., has a background in family studies, human development and financial consulting. His areas of emphasis are in strengthening marriages and dealing with extraordinary challenges in personal and family life. He has published and presented on parenting, grief and romantic partnering in a number of different life situations. For him, few things are better than using what you learn in class "the minute you walk out the door."

Sheryl Godey is the coordinator of Utah State University's statewide Stepfamily Education programs. She is also a Ph.D. candidate in the FCHD department at USU. Her research has been devoted to relationship education, including stepfamily relationship education. She is the mother to five biological children and five stepchildren.

Mark Jarvis, Ph.D., JD, is an Assistant Professor of Family and Human Studies at Salt Lake Community College and a member of the Utah Commission on Marriage. He and his wife have been married for 21 years and have four children.

Darren Johansen, LPC, LUTCF, is the owner of Johansen Counseling Services where he counsels others on relationship and/or money matters. He has spent the last 25 years helping individuals and families with these types of concerns. His office is located in Orem, Utah, where he resides with his wife and two children. Darren is a member of the National Speakers Association and loves to speak to groups on various topics.

Logan Lyons is a Ph.D. candidate at USU, studying adolescent development and the parent-child relationship. Her research endeavors have included developing an interactive module for the NCAA focused on positive parenting strategies in the intercollegiate setting, the collegiate transition and other aspects of the parent-child relationship during emerging adulthood.

Josh Novak, LMFT is an Assistant Professor of Marriage and Family Therapy at USU. He received postdoctoral research training at Kansas State University, his Ph.D. from Brigham Young University, his master's degree from Texas Tech University, and his bachelor's degree from Anderson University (Indiana). He enjoys research, focusing on the nexus of couple relationships and health behaviors, specifically social support processes and attachment; teaching undergraduate and graduate courses and training and supervising the next generation of MFT's, and maintains a small private practice in North Logan.

“Dr. Dave” Schramm, Ph.D., CFLE, is an Assistant Professor and the family life Extension specialist in the Department of Family, Consumer, and Human Development at USU. After graduating with his Ph.D. in Family Studies from Auburn University, he spent 9 years as a family life specialist at the University of Missouri. Since arriving at USU, he has been appointed by Governor Herbert to serve on Utah’s Commission on Marriage and he conducts trainings around the state on a variety of family life topics. He married his high school sweetheart, Jamie. They have four children, and live in North Logan.

Ryan Seedall, Ph.D., grew up on a farm in Rupert, Idaho. He received undergrad and graduate degrees from BYU and then got his doctoral degree from Michigan State University in marriage and family therapy. He started teaching in the MFT program at USU in January 2012 and loves training students to do therapy and doing research that hopefully benefits couples and families. He is married with four children and lives in Hyde Park.

Jennifer Squire, LCSW, has been a practicing licensed clinical social worker for over 17 years. She has 10 years of experience in couples therapy and is a certified supervisor in emotionally focused therapy. She has found that EFT has the best outcome measures in the field of couples therapy and it has affected the relationships in her personal life as well.

Jeff Tesch, LMFT, is a marriage and family therapist, a child and family studies instructor at Weber State University and a regular guest on the growing podcast, Parent with A Pro. During his 20 years in practice, he has specialized in helping parents bring out the best behavior in their kids using the most effective, evidence-based tools. In his personal life, he's practiced what he's preached as he's been a foster dad to 29 kids and a dedicated dad to six adopted children. His greatest loves are his wife, his kids, the mountains, dirt bikes and wearing shorts with sandals whenever possible.

KEYNOTE PRESENTER: Matt Townsend



For more than a decade, Dr. Matt Townsend has been energizing and involving audiences with his unique approach to building and maintaining successful relationships. Known as one of America’s top presenters in the field of human relations and development, Matt blends humor and storytelling with interactive, real-life solutions that inspire motivation and immediate results in his audiences.

“The Matt Townsend Show” is broadcast weekday mornings on byuradio.org & Sirius XM 143 and he is a weekly contributor on KSL TV’s “Studio 5 with Brook Walker.” Matt’s book, *Starved Stuff: The 7 Basic Needs of Healthy Relationships*, is a popular pick among those searching for better relationship skills.

Dr. Matt earned his bachelor’s and master’s degrees in communication, a second master’s degree in Human Development, and a Ph.D. in Human Development.

In addition to his professional work, Matt actively dedicates his time as a volunteer guest speaker and is active in his church and community. He enjoys playing tennis and spending time with his wife Mardi, of 26 years, and their six children (5 boys and 1 girl), one son-in-law and one granddaughter.

Next year’s conference is tentatively set for **Feb. 8, 2019**,
at **Weber State University**.