



LIVE WORKSHOPS SESSION #1

6:00 to 6:50 p.m.

Pick one live session per time slot. All workshops will be recorded for on-demand viewing after the conference.

Have Fun! The Power of Play to Help Your Relationship Thrive

Naomi Brower

Play is a powerful ingredient in keeping the spark in your relationship. Come explore how playing together helps relationships thrive, common obstacles to fun and how to overcome them, and explore new ideas on how to play together.

9 Skills and 10 Rules of Effective Marital Communication

Victor Harris

Effective communication is the key to healthy, successful, stable, long-term relationships. Learn now to break effective communication down into specific skills, rules, and strategies you can implement today, in the real world. You'll learn how to use the best of what we know from the past 30 years of research and therapy in this engaging workshop.

Stay Connected! 6 Keys to Strong Couple Connection

James Marshall

Couples desire deep, intimate, connected relationships but often don't know how to get there. In this presentation you will learn simple ways to develop and maintain deep personal connection in your relationship.

LIVE WORKSHOPS SESSION #2

7:00 to 7:50 p.m.

Starting the Intimacy Conversation

Jonathan Swinton

Do you and your partner wonder the best way to talk about "you know what"? Do you need ideas on how to improve your sexual relationship? Dr. Swinton will provide simple and practical information about how couples can communicate better about sex. Whether you are newly together or have many years behind you, learning how to better start and improve your intimate conversations so they are comfortable, open, and honest is key to a thriving couple relationship.

Empathy is Essential: The Key to Connection

Natasha Dansie

Root out shame and negativity in your marriage and parenting by learning how to use empathy as the key connector with your partner and children on a *daily* basis.

Getting Out of the Roommate Rut

Nate Bagley

Roommate syndrome happens to everyone. You drift apart, stop having those deep, meaningful conversations, maybe you're having the same argument over and over again, or you just lose that "spark." This workshop will cover why "roommate syndrome" is inevitable and give you the strategies and tools you need to get out of that funk and stay out permanently!

8:00-8:40 p.m. KEYNOTE SPEAKER: Dr. Morgan Cutlip

8:45-9:30 p.m. CAPNOTE SPEAKER: Dr. Dave Schramm

“BYTE-SIZED” PRE-RECORDED WORKSHOPS

Workshops will be available on demand starting at 4:00 p.m. the day of the event.

**Join us for 15-20-minute mini sessions packed with information to boost your relationship.
Small but mighty!**

Supporting Each Other in Self-Care

Elizabeth Davis

Burnout and exhaustion are very real experiences that can have a detrimental effect on our health, relationships, and careers. This presentation will provide research-based information on the importance of self-care, what self-care is (and is not), and how partners can support each other in their efforts to take care of themselves.

When the Going Gets Good

Ashley Yaugher & Chapel Taylor-Olsen

When we think of the classic marital vow “in sickness and in health,” we assume it’s the “sickness” part that we need to worry about. But, what if focusing on the things going right in our lives could have a real impact on the health and happiness of our marriages? We will discuss the power of sharing positive experiences with our partners, how to respond when our partner shares good news with us, and how to incorporate more positivity into our days.

Keys to Becoming an Emotionally Intelligent Partner

Lisa Schainker

Emotional intelligence appears to be connected to success in many aspects of life, and our romantic relationships are no exception. In this presentation we will cover how emotional intelligence (or the ability to identify, understand, and manage our own as well as the emotions of others) impacts the success of our romantic relationships. Specific strategies will be discussed to help you and your partner learn to pay attention to what your emotions are really telling you, and how to thoughtfully respond to one another instead of simply reacting.

3 Tips to Avoid Financial Peer Pressure Together

Amanda Christensen

Financial peer pressure is both universal and unique. It’s a feeling we can all relate to, but it affects us and our spouse/partner differently. We may be easily sidetracked and sucked into spending decisions that strip us of our financial freedom when we haven’t determined our financial vision and defined our financial “why.” Learn how to define financial values and combat financial peer pressure together!

Talk Money with Your Honey: How to Make It Sweeter

Jerevie Canlas & Vincenza Vicari-Bentley

Do you know your money personality and how it’s affecting your relationship? Do you have clear financial expectations for yourself and/or your partner? Join us for a fun, educational discussion and discover ways to sweeten your conversation through strategies that are easy to implement. Discover how a financial vision board can facilitate more productive, positive, and healthy financial discussions with your spouse or partner. Vincenza

How to Be “Tech SAVVY” in Your Relationship

Tasha Killian

Family media plans are great for setting technology limits with your children, but can the same principles be applied to your relationship as a couple? The answer is: YES! Learn how you can be Tech SAVVY and create a media plan for your relationship.

Healthy Marriages: The Nature Effect

Eva Timothy

Are you looking for a way to enhance your marital relationship? Join us for a look at how engaging with nature can improve individual and marital health. We will discuss the benefits of nature on the body and mind, how that impacts your relationship, and how novel experiences with your partner can deepen relationship satisfaction.

Keeping Marriage Vibrant During Empty Nesting

Christina Pay

Readiness to become a couple again during empty nesting isn’t something that just happens. In order to enjoy a thriving relationship after the children leave, it’s best to prepare. In this presentation you will learn about the unique challenges of empty nesting couples, explore a variety of ways for enhancing relationships, and look at means to help couples focus on their marriage and stay connected.

DEEP DIVE PRE-RECORDED WORKSHOPS

Workshops will be available on demand starting at 4:00 p.m. the day of the event.

Dive deep with these pre-recorded workshops on a variety of topics.

These classes range from 20-45 minutes in length, depending on the presenter/topic.

Parenting Together Through the Use of Play, Healing, and Mindfulness

Shawna Roberts & Ashley Turbeville

Being a parent brings both moments of joy and struggle. In this workshop, parents will get an opportunity to play together to create more joyful moments in their family. There will be space for parents to learn how to identify wounds from their past that get in the way of parenting. Parents will learn ways to care for each other to allow for their partner's healing. We will also teach parents ways to promote mindful parenting and to cultivate calm in the chaos of parenting. Our talk is led by two psychologists who are both mothers and who specialize in child development, trauma, and maternal mental health.

Newly Wed Couples: Setting Yourself Up for a Successful Marriage

Danielle Cook

In this workshop we talk about two key ingredients to make your marriage not only work but also to last using communication and conflict resolution! Whether this is your first marriage, or you have done this before, starting off right can set you up for success!

Making Later-Life Marriage Better than Ever

Wally Goddard

You have successfully navigated the challenges of early marriage. Yet, there can be a whole new set of challenges in later-life marriage. Some marriages thrive during these years—others may feel distant or conflicted. Join us for a workshop that will help you ensure your relationship thrives.

Blending Families: Playing on Expert Level

Kiersten Wilson

As a "non-gamer," find out why Kiersten uses a gaming analogy to describe what blending a family involves! With 10 children and three ex-spouses, Kiersten and her husband have grappled with a wide variety of issues -- most of the time feeling like they were bombing it -- big time! However, despite the challenges of their family life together, they fought hard to prioritize their relationship and learned to become a team. Kiersten is excited to share essential tools she has learned are necessary for stepfamilies not only to survive, but thrive!

*While this workshop is geared toward blended families the content is helpful for *all* relationships.

Together, yet alone. Technology Use During Time Together and its Impact on Your Relationship

Brandon McDaniel

Our phones and technology have become an important part of our lives. For instance, when was the last time you were without your phone? This course will guide you in considering your own technology use during time you spend with your spouse or partner and what you desire for your couple time and relationship. Ultimately, you will learn strategies for healthier technology use in your relationship, so that your relationship can thrive in the age of technology.

When One Wants to Thrive in Marriage but the Other Is Not Sure

Steven Harris

With so much divorce around us, it can be hard not to think about divorce as an option when things get tough in our marriages. But does "just thinking" about it mean you are on your way to getting a divorce? This session will go over some of the things people think about when they are considering divorce and offers hope for how to get help to arrive at a decision with greater clarity and confidence.

Love is Stronger than Shame

Clay Olsen

Love and shame live at opposite ends of a spectrum. Many dealing with shame struggle to feel love toward themselves and others. This toxic emotion can cripple and destroy the most key relationships in our lives. Come explore ways in which we can disarm the power of shame and build connections that will help us rise above the storm

Supporting Loved Ones with Mental Health Concerns

Ashley Yaughner & Tim Keady

Mental health concerns and Substance Use Disorders (SUDs) occur in many families. For the friends and family members of those impacted, it can be difficult to know how to support recovery and treatment efforts of a loved one. Attendees will be empowered with ways to connect with and support loved ones through non-stigmatizing language. This workshop will also review how self-care is crucial when helping loved ones with mental health concerns and how to develop a plan for taking care of your own needs as you support loved ones.

Communicating About Pain: Keys to Supporting Loved Ones Through Health Challenges

**Maren Wright Voss
& Gabriele Murza**

Good communication is an important skill in any relationship but becomes critical when health challenges are raging. Pain can cloud judgment and make negative emotions run high, often leading to hurtful interactions. When communication breaks down, important things can be left unsaid, leaving family members feeling in the dark and alone. This workshop helps develop the skill of “perspective taking” to see the world through the eyes of your loved one. It will help remove barriers to effective communication with “how to’s” for clearly talking about pain and health to build supportive and loving interactions.

PRESENTER BIOGRAPHIES

Nate Bagley’s mission in life is to rid the world of mediocre love. His passion is helping people create deeply-connected, passionate, lasting relationships. He is a TEDx speaker, a marriage researcher, an author, and the host of The Growth Marriage Podcast. If you want legendary love, he'll show you what it takes.

Naomi Brower is an Extension professor for USU who specializes in helping others to improve the quality of their lives through creating and strengthening their relationships. She is the chair of the Northern Utah Marriage Celebration and has organized this event since 2008. She earned her master’s degree in family and human development from USU and is a certified family life educator. She has been married to her husband, Matt, for 10 years and together they are raising their entertaining 6-year-old son.

Jerevie Canlas PhD, CFLE, is a program coordinator for the Empowering Financial Wellness program with USU Extension. She is also an adjunct faculty of family studies at Utah Valley University and Brigham Young University-Idaho, teaching marriage and relationship skills, life span development, and family policy. Her background is in work-family life and mental health research, particularly among minority women. As a first-generation immigrant to the United States, she is passionate about financial literacy and economic self-reliance, especially among women of color.

Amanda H. Christensen is an accredited financial counselor and Extension associate professor specializing in personal finance educational outreach. She co-authored and serves as principal investigator on the statewide empowering financial wellness grant to enable individuals to make smart money decisions. She is editor of the Utah Money Moms blog and social media platform, and co-author of the PowerPay Money Mastery online course. She regularly contributes financial content to KSL’s Studio 5 television show and Utah Public Radio. In her 11 years with Extension, she has authored numerous national award-winning materials and resources for teaching personal finance and was the recipient of the 2020 USU Extension Innovator Award.

Danielle Cook is an active educator, teaching as a family life educator for the past 6 years to a wide variety of audiences through USU and Utah Valley University. She is certified in teaching several curricula, including the parenting with love and logic, anger management, dating, and life skills courses. She is passionate about service, people, and relationships and believes her life's work is empowering others to live up to their full potential. Her life motto, adopted from her late father, is "be a fountain, not a drain." She loves being physically active and considers herself an adrenaline seeker. She is the co-founder of Arise, which provides family life coaching to help others strengthen their relationships. Ultimately, the heart and soul of her life is her family: her wonderful husband, four young children, and large and loving extended family.

Natasha Dansie is a family life coach and a certified family life educator. She has taught relationship education classes through USU for the past 8 years, and she particularly enjoys her work with incarcerated fathers in prisons and jails. In addition to relationship education, she loves her work as a parenting coach. She loves traveling, mornings, snuggling, Sundays, and Disney. She and her husband, Jeff, are raising their five children ages 4-16 alongside a variety of farm animals in Nephi, Utah.

Elizabeth Davis is an Extension assistant professor at USU. She received her B.S. in family, consumer, and human development and M.S. in adolescent development, both from USU. After working several years in nonprofit and state-funded organizations, she returned to USU where she accepted a tenure position in 4-H and family and consumer sciences. She is particularly interested in programming that improves the quality of family life, which includes marriage and parenting education. She currently resides in Kanab, Utah, where she enjoys the amazing outdoors and working in the community to offer research-based programming to all.

Wally Goddard, PhD, CFLE, is a retired professor of family life who developed award-winning programs on personal well-being, marriage, and parenting. He is well known for his many books including *Between Parent and Child*, *Bringing Up Our Children in Light and Truth*, *Soft-Spoken Parenting*, and *Drawing Heaven into Your Marriage*. He has been recognized by his colleagues with several prestigious awards. He and his wife, Nancy, have three adult children, 14 grandchildren, and have cared for 20 foster children.

Steven M. Harris, PhD, LMFT, received his master's and doctoral degrees in marriage and family therapy from Syracuse University. He is currently a professor in the couple and family therapy program in the Department of Family Social Science at the University of Minnesota. Prior to living in Minnesota, he was on faculty at Texas Tech University for 13 years. While in Texas, he chaired the Research Advisory Group for the Texas Healthy Marriage Initiative. He has been practicing as a family therapist for 30 years. He currently serves as the editor for the *Journal of Marital and Family Therapy*. He is the author of over 70 peer-reviewed articles and book chapters, has written four books, and has contributed a variety of other publications to the family therapy field. He also serves as the associate director of the Minnesota Couples on the Brink project. He and co-author, Dr. William J. Doherty, released the first textbook on *Discernment Counseling* in April 2017.

Dr. Victor Harris is regionally and nationally recognized for his work in couple and relationship education (CRE), most recently for directing the \$5.8 million, federally funded healthy relationship and marriage SMART Couples project in Florida. He is widely published and currently oversees the www.smartcouples.org website, which hosts free and low-cost CRE workshops and more than 130 easy-to-read articles on dating, engaged, married, divorced, remarried, and parenting topics.

Timothy Keady, MS, is a USU Extension professional practice Extension assistant professor of health and wellness and is a member of the Health Extension: Advocacy, Research, & Teaching (HEART) Initiative Team. His responsibilities include work in Cache and Box Elder Counties as well as the state of Utah. His desire is to provide a healthier and safer Utah for all our citizens. Tim is currently focusing on state and local health issues including substance use disorder prevention, treatment, and recovery, suicide prevention, and harm reduction. Visit extension.usu.edu/HEART/ for more information.

Tasha Killian, MFHD, is a USU Extension assistant professor in Juab County. Before serving in her current position, she worked for Utah County 4-H and for Healthy Relationships Utah. Her areas of expertise include technology use in the home, rural mental health, and youth leadership. In her free time, Tasha enjoys playing video games with her family, pistol shooting, and watching Hallmark movies.

Dr. James Marshall is manager of the Raleigh, NC Family Services agency of the Church of Jesus Christ of Latter-Day Saints. He is a licensed marriage and family therapist and a clinical fellow and approved supervisor of the American Association for Marriage and Family Therapy. He spent a dozen years as a professor of family life in both Arkansas and Utah. He and his wife, Kathie, have been married for 28 years and are the parents of six children.

Dr. Brandon T. McDaniel is a family scientist, research scientist at the Parkview Mirro Center for Research and Innovation, and nationally recognized expert on the impacts of technology use on couple relationships, families, and children. Dr. McDaniel's research on technoference—the interference of device use in our face-to-face interactions and family relationships—has attracted international attention. He also regularly engages in community education in the promotion of healthy digital habits.

Gabriela Murza, MS, has worked in public health for almost 15 years, providing programming and expertise in nutrition, wellness, and food safety to domestic and international communities. As a faculty member with USU Extension's HEART Initiative, she focuses on the interplay between healthy eating, physical activity, and other healthy behaviors in decreasing or preventing chronic pain, and how developing and using those skills are essential in substance use recovery programs.

Clay Olsen is the Founder and President of Fight the New Drug — a youth movement dedicated to raising awareness on the harmful effects of pornography and other forms of sexual exploitation through science, facts, and personal accounts and the Founder and CEO of Impact Suite which provides award-winning digital wellness tools that have helped hundreds of thousands of individuals find deeper healing and recovery in over 200 countries. His work has been featured on ABC Nightline, ABC News, TIME Magazine, The New York Times, NPR, CBS, CNN, USA Today, and more. Clay has personally presented at hundreds of secondary schools, universities, and event centers to hundreds of thousands in multiple countries. In 2017 he was honored with the "Visionary Leadership Award" by the National Center on Sexual Exploitation and was recently awarded the 2021 Utah Business 40 under 40 award.

Christina Pay, MSHE, is an Extension assistant professor in family and consumer sciences at USU. She believes the key to improving our communities is to strengthen family relationships. Christina previously worked in the early childhood education field and currently serves on the board of the Utah Association for the Education of Young Children. She is happily married to Steve and they have six children and 11 grandchildren. She enjoys reading, being in nature, spending time with her family, and exploring new adventures with Steve.

Dr. Shawna Roberts earned her doctorate of psychology from the University of Denver after completing her master's degree in clinical psychology. She began specializing in child development during her postdoctoral year at the University of Colorado Anschutz Medical Campus. She has taught child development, family systems, and dyadic assessment at the University of Denver and the University of Colorado Anschutz Medical Campus. She primarily works at her private practice, Mindful Health Advantage, where she works with children and families providing individual and family therapy. She is EMDR certified, which allows her to work with families to let go of old hurts and heal, thereby creating new healthy family patterns.

Lisa Schainker is a USU Extension assistant professor based in Salt Lake County. She has a Ph.D. in lifespan developmental psychology and a master's degree in public health. Her major interest areas center around enhancing physical and emotional well-being in adults and promoting positive adolescent development through family skill-building and parent education. She is a contributor to Extension's relationship website and conducts personal and professional development workshops that focus on helping people become the best version of themselves.

Jonathan Swinton Ph.D., LMFT, MedFT, is an experienced family relationship expert and engaging presenter. He is a licensed marriage and family therapist, and a certified medical family therapist in Juneau, Alaska. He has counseled thousands of couples and families and presented to groups across the country on keys to healthy couple and family relationships.

Chapel Taylor-Olsen, BA, is the USU Extension health and wellness coordinator for Carbon and Emery Counties with the HEART Initiative. She received her bachelor's degree from Western Michigan University in English-creative writing and comparative religion. She is now back in school at USU in the pre-nursing program.

Eva Timothy, MSW, has a 6-year combination of behavior modification and parenting training. She is the mother of fraternal twins who keep her on her toes and the "fossil" to her husband who is 6 years her junior. She is employed with USU Extension as a professional practice Extension assistant professor, where she enjoys working with youth, sharing her knowledge, and learning new skills to teach in her community. She enjoys parties that revolve around sporting events, the energy of an excited crowd, and the contrasting tranquility of nature. Her fondest and most poignant experiences in life have involved the outdoors. Nature is where she finds her center.

Dr. Ashley Turbeville earned a doctorate in counseling psychology from NYU and her specialist in school psychology graduate degree from Texas Woman's University. She works in her private practice, Trailhead Psychology, where she is devoted to providing psychological services to children, teens, families, and pregnant and postpartum women. She is passionate about fostering resilience, strengthening parent-child bonds, and providing a supportive and collaborative space for families to heal and grow. She also serves as adjunct faculty at New York University where she teaches courses in counseling skills and cognitive behavioral therapy to graduate students.

Vincenza Vicari-Bentley, AFC, is a program coordinator with USU Extension as part of the empowering financial wellness team. The team's mission is to empower people to make informed financial decisions to serve their own life goals and improve financial wellness. Vincenza is an accredited financial counselor who earned her MBA with a focus on marketing and finance. She is a proud military spouse who has worked as a financial counselor and a financial educator for the past 5 years, primarily serving service members and their families, both in the United States and abroad.

Maren Wright Voss, PhD, has taught and researched health sciences for two decades in the areas of mental health, pain education, and stress management. She currently serves residents of Salt Lake and Tooele Counties as part of USU Extension's Health Education: Advocacy, Research, and Teaching initiative, offering pain education workshops, suicide prevention, and peer support training. She is a monthly contributor to the Tooele Transcript column "A Better Life" as well as USU Extension relationship and well-being blogs.

Ashley Yaugher, PhD, is a USU Extension health and wellness faculty member and is the Health Extension: Advocacy, Research, & Teaching (HEART) team lead. She serves Carbon and Emery Counties as well as the state of Utah. She is passionate about mental health and wellness, strengthening community ties, and stigma reduction. Her current efforts focus on reducing pressing public health issues including the opioid crisis. To learn more about HEART, visit: extension.usu.edu/HEART/.

Kiersten Wilson combines her professional and academic background in child and family advocacy, community outreach, and program development with her stepfamily knowledge and experiences to empower other families who might be struggling to recognize the strength and beauty of their uniqueness. She and her husband, Chris, have been married for 14 years and have a blended family of 10 children and 14 grandchildren.

KEYNOTE PRESENTER: DR. MORGAN CUTLIP

Dr. Morgan Cutlip pursues her passion of helping others develop and maintain healthy relationships as she creates innovative and practical resources, content, and online courses for Love Thinks, LLC.

She has presented topics in conference keynotes including Smart Marriages, NARME and Women of Purpose related to emerging adults and millennials, premarital predictors of marital success, and marital relationships. She has appeared on the television show, “Marriage Uncensored,” and was contracted to create a relationship course for the @Flo Tracker app, the #1 downloaded health and fitness app in the world. She has also been featured as a relationship expert for Teen Vogue.

Morgan is a wife and a mom to two littles, Effie and Roy, and you can find her posting almost daily on Instagram @MyLoveThinks.



CAPNOTE PRESENTER: DR. DAVE SCHRAMM

Known as “Dr. Dave” on campus and across the country, Dave Schramm is a professor and family life Extension specialist at USU in the department of human development and family studies. He was appointed by Governor Herbert to serve on Utah’s Commission on Marriage. He appears monthly on Fox 13’s “The Place,” and he shares tips and videos to help individuals, parents, and couples thrive in their life journey. He has given over 500 presentations, classes, and workshops to a variety of audiences, including the United Nations and a TEDx talk in Florida.

