

NORTHERN UTAH

Marriage Celebration

LOVE TALKS

BONUS WORKSHOPS

4:00 to 4:50 p.m.

Chris Eisenbarth *Talk More, Stress Less: Skills and Strategies for Effective Communication (4:00 only)* **Room 404AB**
Communication is the basis of our everyday lives and one of the most important qualities for family relationships. As such, the purpose of this program is (a) to discuss methods to express thoughts and feelings in an understandable fashion, and (b) to identify strategies to listen, clarify, and process information as it is intended. In particular, participants will assess their current communication styles and learn techniques to enhance healthy communication among family members.

Jeff Tesch *Stepping Up Communication in Blended Families (4:00 only)* **Room 312**
Blending families can be tough. This class will cover communication tips and general tips for healthy family functioning.

Pamela Payne *Fun! The Glue That Can Hold You Marriage Together (repeated during dinner hour)* **Ballroom A**
This workshop will focus on a number of small ways in which couples can make sure they are continuing to maintain the fun and excitement in their relationships. We will focus on strategies and ways to not only engage in fun activities but to communicate about putting the fun back in relationships.

Dan Hubler *Keeping Romantic Connections Over Time (repeated during dinner hour)* **Ballroom C**
Couples are less satisfied with their relationships when they do not know how to have fun together. Fun can be in the form of shared hobbies, pastimes, and other experiences. Dr. Hubler takes couples through various processes and insights that help marital partners find new ways to make memories and reconnect, regardless of their stages in life and marriage.

Aryn Dotterer *Can You Hear Me Now?* **Wildcat Theatre**
Communication: Your key to successful co-parenting and parent-child relationships
(repeated during dinner hour)

This workshop will emphasize the importance of communication for building successful co-parenting and parent-child relationships. Participants will learn to identify barriers to communication as well as key strategies for effective communication with spouses and children. The presenter will share real-world examples and research-based evidence in this engaging, interactive session.

DINNER BREAK—BRING YOUR OWN TAKE-OUT AND ENJOY!
(Limited food options available in the Atrium dining area—see folder for details.)

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.)

PRESENTER BIOGRAPHIES

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.

Aryn Dotterer, Ph.D. is an assistant professor in the Department of Family, Consumer, and Human Development at Utah State University. Prior to joining the faculty at USU in August 2016, she was on the faculty at Purdue University for eight years. Her research interests focus on academic achievement among ethnic minority and low income youth with an emphasis on parenting and family-school linkages. She is particularly interested in understanding how family factors such as parent-child relationships and parenting practices contribute to children's school success.

Chris Eisenbarth, Ph.D., MCHES, received his doctorate in public health, with a focus on health education/promotion, from Oregon State University. His graduate training and 20 years of experience in higher education have focused on the use of evidenced-based strategies to change behavior and promote health in individuals and communities. To date, Dr. Eisenbarth has published several peer-reviewed articles and textbook chapters on stress and health, and presented his work at scholarly conferences at the regional, national, and international levels.

Daniel Hubler, Ph.D., CFLE, is a family scientist who loves to explore all things regarding relationships and communication. As a family life educator (with his B.S. in family studies from Weber State University and a master's and Ph.D. in family science from Oklahoma State University), he is particularly interested in couple and relationship education and ways to overcome recruitment and retention barriers.

Daniel Nielsen believes nothing is impossible in life if the correct amount of attention is given to goals. "Impossible is a word to be found only in the dictionary of fools" –Napoleon Bonaparte. Born in California, raised in Utah, he has been working in finance since graduating from the University of Utah in 1997. Daniel is the vice president of Nielsen Financial Services, Inc., in Salt Lake City. He married his best friend Cassia and they have three boys. As a family, they spend free time traveling to do charitable work around the globe.

Doug Nielsen, LCSW, CSP, has been a private practice psychotherapist and personal coach for over 18 years with experience helping couples reinvent, readjust, and reignite their marriages. According to Doug, "The quality of your life is directly related to the quality of your marital relationship." Doug is also a motivational speaker who has helped audiences across the nation overcome self-imposed limitations and increase performance personally and professionally. His book, *Take Life By The Helm: Proven Strategies for Gaining Control*, is available through amazon.com.

Pamela Payne, Ph.D., is an assistant professor of child and family studies at Weber State University. She has a Ph.D. from the University of Arizona where she began her program of study looking at communication, spiritual and religious beliefs, and couple relationships in married, dating, and LGBTQ+ couples. Dr. Payne advises the Weber State Center for Community Engaged Learning Community Research Team where she works with undergraduates to conduct research for community partners such as Ogden-Weber Community Action Partnership, Da Vinci Academy, WSU Continuing Education, among others.

Tim Rarick, Ph.D., is a professor in marriage and family studies at BYU-Idaho. He received a bachelor's, master's and doctorate degrees from the U of U and Kansas State University in Marriage, Family, & Human Development. Dr. Rarick also works with several organizations to strengthen the family through public policy, social media, and research. Tim has spoken to a variety of audiences including academics, teens, and everything in between. Dr. Rarick has also presented three times at the United Nations in New York City. He and his wife, Jodi, have been married for 16 years and have four children. He loves swimming, playing guitar, basketball, tennis, and ping-pong. He also enjoys short walks to Nielsen's Frozen Custard.

Dave Schramm, Ph.D., CFLE, is an assistant professor and state Extension specialist in the Department of Family, Consumer, and Human Development at Utah State University. He spent nine years as a professor at the University of Missouri before arriving at USU in 2016. Dr. Dave develops and delivers family life education programs related to parenting, couple relationships, and personal well-being. Using his sense of humor, Dr. Dave makes presentations and principles come to life with personal stories and cutting edge research. He and his wife Jamie are the parents of four children and live in North Logan, Utah.

Paul Schvaneveldt, Ph.D., CFLE, is a Brady Presidential Distinguished Professor and department chair of child and family studies at Weber State University. He recently served as the Chair of the Utah Marriage Commission (strongermarriage.org). Dr. Schvaneveldt is the director of programs providing marriage and relationship services in the Ogden area. He is the author of dozens of articles focusing on marital and family topics and served as a Fulbright Scholar with the U.S. State Department. Dr. Schvaneveldt graduated with a Ph.D. in Human Development and Family Studies from the University of North Carolina, Greensboro. He has been married to his wife, Rachel, for 24 years and they have five children.

Jeff Tesch, LMFT, also known as *The Parent Coach*, currently practices at LDS Family Services and in private practice. Jeff is also an adjunct instructor at Weber State University in the Child and Family Studies Department. He and his wife of 25 years currently live in Eden and have adopted six kids and fostered 29.

KEYNOTE PRESENTER: Richard Paul Evans



Richard Paul Evans is the #1 New York Times and USA Today bestselling author of 30 novels including the Christmas Box and the Michael Vey series. Evans is the founder of The Christmas Box House International, an organization devoted to building shelters and providing services for abused and neglected children, which has served more than 70,000 children to date. As an acclaimed speaker, Evans has shared the podium with such notable personalities as President George W. Bush, President George and Barbara Bush, former British Prime Minister John Majors, Ron Howard, Elizabeth Dole, Deepak Chopra, Steve Allen, and Bob Hope. Evans has been featured on the Today show and Entertainment Tonight, as well as in Time, Newsweek, People, The New York Times, Washington Post, Good Housekeeping, USA Today, TV Guide, Reader's Digest, and Family Circle. Evans lives in Salt Lake City, Utah, with his wife, Keri, and their five children.

SAVE THE DATE!

Next year's conference is tentatively set for **February 9, 2018**,
at **Weber State University**.