



SMART Couples Florida Celebration

The Art of Effective Communication

February 18th, 2022 • 6:00–9:15 p.m. • Online Virtual Event

6:00-6:50 p.m.

Speaking Our Partner's Love Language

Jaime Haynes

Dr. Gary Chapman discovered that individuals have preferences for how they give and receive love, which he calls *love languages*. Together we will explore the five love languages and you will learn to connect with your partner in a profound way to strengthen your relationship.

Conflict Resolution: What You Need to Know

Kacey Jenkins

The rules of engagement, the importance of identifying and avoiding the “Four Horsemen,” and understanding intergenerational transmission of conflict are the focus of this dynamic presentation.

We All Need “a Little Help from Our Friends” to Elevate our Relationships

Ted Futris

One of the important ingredients in maintaining a strong relationship is the support system a couple has around them. It really does “take a village!” We will investigate these special connections and how they give meaning and support to our lives so we can take our relationships to the next level.

7:00-7:50 p.m.

Life-changing Communication Strategies for How to Maintain and Strengthen Your Relationship(s)

Ramya Avadhanam

This presentation will center on how effective communication methods, increasing perspective-taking, and labeling your own communication style can strengthen your relationships.

Using Attachment Science to Bring Hope to Couples and Families

Everette Coffman

This presentation will help you understand how attachment science and Emotionally Focused Therapy can provide you with a powerful platform for creating safe, healthy, and secure attachments as individuals, couples and families.

Happy Hacks for Becoming Better after the Bitter

David Schramm

Research shows that the past two years have been some of the unhappiest on record. Sadly, the negativity and stress often spill over into our marriages and closest relationships, affecting our communication, commitment, and connection. Dr. Dave will share his positivity pyramid and science-backed ‘happy hacks’ that are foundational for positive relationships.

8:15-9:15 p.m.

Keynote: The Art of Effective Communication

Victor Harris

Effective communication is the key to healthy, successful, stable, long-term relationships. Breaking effective communication down into specific skills and strategies you can implement today, in the real world, using the best of what we know from the past 30-years of research and therapy is the focus of this engaging keynote address.

About the Speakers

Dr. Ramya Avadhanam is a clinical assistant professor in counselor education at the University of Florida. Her current responsibilities center around advising, mentoring, teaching and supervising master's level marriage and family counseling students. She is passionate about expanding research around grief and loss, especially pertaining to immigration and acculturation concerns across multiple generations. Dr. Avadhanam is a level-2 Gottman certified couples therapist with 10 years of clinical experience working with couples and families.



Dr. Everette Coffman is a licensed marriage and family therapist and licensed mental health counselor. He now works as a postdoctoral scholar in the marriage and family department at the University of South Florida. He earned his doctorate degree at the University of Florida. Everette is an attachment-based researcher and is published in the area of family systems, attachment science, and addiction. Additionally, he is a certified emotionally focused couples therapist.

Dr. Ted G. Futris is a professor in human development and family science and a state Extension family life specialist at the University of Georgia. Across his 21-year career, he has conducted nearly 200 seminars and workshops and trained over 7,500 professionals to implement programs to strengthen couple and family relationships. Dr. Futris is the co-author of ELEVATE: Taking Your Relationship to the Next Level, an evidence-based couples education program. To learn more about Dr. Futris' work, visit <http://www.fcs.uga.edu/people/bio/tfutris>.





Dr. Victor William Harris, an associate professor and Extension specialist at the University of Florida in the department of Family, Youth and Community Sciences. He 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 SMART Couples website, which hosts free and low-cost relationship classes and more than 130 easy-to-read articles on current dating, engaged, married, divorced, remarried, and parenting topics (www.smartcouples.org). To date, more than 6,000 youth and adults have successfully completed SMART Couples free online and in-person classes.

Jaime Haynes is a seasoned educator and UF-trained SMART Couples instructor. Currently, Jaime is pursuing a master's of social work degree to further enhance her work with couples. During her time with SMART Couples, Jaime completed the Gottman level-1 training and continuing education on topics including emotion-focused therapy and emotion coaching. After completing an MSW, Jaime plans to work as a couples therapist, and eventually, a Gottman-trained therapist.



Dr. Kacey L. Jenkins is a licensed marriage and family therapist located in Wesley Chapel, FL. She has a master's degree in clinical psychology and a Ph.D. in clinical counseling. She enjoys teaching graduate counseling courses and has been supporting clients in therapy for over a decade with a clinical emphasis on marital therapy and perinatal mental health.

Dr. Dave Schramm is an associate professor and family life Extension specialist at Utah State University in the department of human development and family studies. After graduating with his Ph.D. from Auburn University, he worked as a professor at the University of Missouri for nine years. From British Columbia to Beijing, China, and from St. Louis to San Diego, Dr. Dave has given over 500 presentations, classes and workshops to a variety of audiences, including the United Nations and a TEDx talk in Florida.

