

Speaker Bios

Dr. Ellyn Bader is a Psychotherapist, Co-Founder of The Couples Institute® and Co-Creator of The Developmental Model of Couples Therapy. Dr. Ellyn Bader is one of the early founders of “couples therapy,” as well as a recognized thought leader and trailblazer in relationship therapy worldwide. Through her informal research and thousands of sessions, Ellyn co-created “The Developmental Model,” a revolutionary approach that is highly adaptable to the complex needs of two people growing, changing, and staying connected in a relationship. The model has deeply influenced the therapeutic world and is currently used in over 60 countries. It is taught by many graduate programs using her award-winning textbook *In Quest of the Mythical Mate*, which has been reprinted over 22 times. Ellyn co-founded The Couples Institute® (1984) and co-authored *Tell Me No Lies* (2001) with her husband Dr. Peter Pearson. The two have been trusted resources for TV, radio, podcast and printed publications, appearing on *Nightline*, *CBS This Morning*, *Today Show*, *Good Morning America*, *O Magazine*, *Cosmopolitan*, several NPR programs, and over 70 others. She continues to evolve in the field of couples therapy through her tireless commitment. She offers world-class training to thousands of therapists on applying “The Developmental Model” and becoming masterful at the art of couple’s therapy. Ellyn currently lives in California, where she spends her time playing tennis – as well as working on new breakthrough techniques for speedy and long-lasting change for couples. She finds great meaning in traveling to Kenya to help build schools and establish counseling programs in refugee communities for traumatized children and families.

Cathy Carr, LMFT is the owner of a private practice in Berkeley, CA, specializing in working with adolescents, couples, families, and the communities that work with them. She graduated magna cum laude from Amherst College and wrote her honors thesis on racism in education. Cathy’s background is as a middle school teacher, where she taught English and history for twelve years in Pennsylvania, Colorado, Massachusetts, and California. She worked to implement coursework and school structures that addressed the unique academic and social emotional needs and strengths of 11-14 year olds. After earning her Masters in Counseling from the University of San Francisco, Cathy worked in numerous non-profits. Her roles included advocating for teen moms unique needs at Vera Casey preschool, working with preschool teachers to support 0-5 year olds, educating healthcare workers about intimate partner violence and implementing screening tools, counseling adolescents and families under the Trauma and Violence Recovery program, facilitating anger management groups in Pacifica schools, and providing therapy in elementary schools and local community clinics. Cathy co-founded Oakland Mom2Mom where she specialized in supporting new moms and their families. Now, in her clinical private practice, Cathy continues to be dedicated to supporting children, adolescents, and their families. She also provides professional development and consulting to school systems, including implementing Positive Behavioral Intervention strategies for teachers and providing middle school parent education programs and crisis and grief support for numerous schools. Cathy also specializes in working with couples using Dr. Ellyn Bader’s and Dr. Pete Pearson’s Developmental Model and is particularly energized by working with couples

through intensives. Inspired by people's ability to change and grow, Cathy is grateful to have a career that focuses on supporting and empowering others to create the relationships and communities that fulfill them.

Lori J. Collins, M.S., MFT is a California Licensed Marriage and Family Therapist (License #MFT32958) – in practice in Redwood City since 1990, over 30 years. She holds a master's degree in counseling psychology with an emphasis in Marriage and Family Counseling. Lori is a Certified Clinical Hypnotherapist and Certified Destination and Relationship Coach. She continues to train in humanistic, developmental, attachment, and neuroscience theories. Lori is also an Associate of the Couples Institute in Menlo Park, where she continues to train in innovations in couples therapy and couple intensives. Lori specializes in working with couples with young children, has studied research on the transition from couple to family, and learned from her own marriage to family transition, that this is one of the most challenging times in a marriage. On a positive note, she knows it is also a perfect time to help couples learn tips and strategies to keep their marriages/relationships strong. She believes that healthy couple relationships can directly benefit children and family, as a whole. Lori founded BuildingCoupleTime.com, an online educational series of tips and strategies for moms and couples who are just starting their families, or have young children (0-5 years), and want to keep their marriage/relationship alive. Her mission is to help couples improve their marriages/relationships in a way that benefits the individuals, the couple, their children's health and happiness, and overall family health – essentially Building Couple Time, with your family in mind.

Lara Hammock, LCSW, is a mental health therapist and the founder of Lara Hammock Therapy & Couples Counseling, a thriving private practice in the Virginia suburbs of Washington, DC. Lara sees adult individuals and couples. She specializes in relationship issues, anxiety, ADHD, and trauma. This is Lara's second career. Before this, she worked in product management in the Internet/telecommunications industry and took some time off to raise children. Lara has a specific interest in couples and relationship issues. She has been training with the Couples Institute for over three years in the Developmental Model of Couples Therapy. In addition, Lara uses a variety of body-based and visualization techniques to help clients regulate their nervous system and process emotions. Some of those techniques include EMDR (Eye Movement Desensitization and Reprocessing) and EFT (Emotional Freedom Techniques) Tapping, inner child work, two-chair methods, and guided visualization. Most of all, Lara believes that a strong, emotionally safe alliance between therapist and client is the quickest path to change and psychological flexibility.

Molly Pearson, daughter of the founders of The Couples Institute, has dedicated over a decade to her family's organization, shaping its voice and expanding its reach. As an in-house copywriter, Molly has generated millions of dollars in revenue through persuasive storytelling and compelling messaging that resonates deeply with therapists and their clients. Known for her expertise in helping therapists craft powerful narratives, she teaches and mentors writing and messaging skills, guiding practitioners to attract the clients they aspire to work with. Molly

also hosts The Couples Institute's highly live events, which draw therapists from around the globe, eager to connect, learn, and grow. Her unique background and commitment make her a leading voice in therapeutic communication and a trusted mentor to those aiming to elevate their practice.

Dr. Peter Pearson is the founder of The Couples Institute and has been helping couples create strong, loving relationships for more than 30 years. He has helped thousands of couples overcome challenges and evolve as a couple and as a team. His approach is known for its practical applications that helps couples create enduring love. Peter also has an impressive legacy in couples' therapy training. He is one of the creators of The Developmental Model of Couples Therapy, a model that teaches therapists how to assess, intervene and significantly help troubled relationships. He has presented workshops throughout the United States as well as Europe, Asia, South America, and Australia. Peter is a co-author of two books. His first book, *In Quest of the Mythical Mate*, won the Clark Vincent Award by the California Association of Marriage & Family Therapists for its outstanding contribution to the field of marital therapy and has been reprinted over 20 times. His second book, *Tell Me No Lies*, was written for the public and has been inspirational to many couples. Peter has been featured on over 75 radio and television programs including *The Today Show* and *CBS Early Morning News* and quoted in countless publications including *The New York Times*, *Oprah Magazine* and *Cosmopolitan*.

Kelly Scharver, LPC, specializes in developmental model couples counseling and owns a private practice in Virginia Beach, VA. She has been an active member of the online Couples Institute training program since 2012; she is one of Ellyn Bader's trainers. She actively uses the Bader-Pearson Developmental Model to help couples unveil what is keeping them stuck and guide them to positive growth. Kelly is passionate about working with couples and continually stretches herself personally and professionally to enrich her skill-set. Kelly has a MA in Professional Counseling and BA in Psychology and Fine Arts. Kelly also has in-depth training in Re-decision Therapy and energy psychology protocols. She has found combining these modalities within the Developmental Model structure allows her to work deeply and effectively with couples. She is also been in partnership with her husband for over 20 years and has two daughters. When she isn't with her family or working with couples she can be found playing beach volleyball or surfing