



KATHLEEN
MATES-YOUNGMAN
M.A. LMFT

COMPELLING SPEAKER
BEST-SELLING AUTHOR
MARRIAGE & FAMILY THERAPIST
RELATIONSHIP & PERSONAL GROWTH EXPERT

ABOUT KATHLEEN

Kathleen Mates-Youngman knows how to guide people to entertain the possibilities in their life, to get out of their own way, and to create meaningful, purposeful lives and relationships. She has spent thousands of hours in her private practice acting as a psychological detective, to help clients connect the dots in their lives. She has the unique ability to be completely present, to visualize their life story, to empathize with their feelings, and to hear what it is they truly need. As a result, she is able to gradually and delicately shift the lenses, filters, assumptions and expectations through which they experience their lives, and **create space for growth, peace, and success.**

Author of the Amazon.com bestseller, *Couples Therapy Workbook: 30 Guided Conversations To Re-Connect Relationships*, Kathleen offers couples the opportunity to learn about the most important traits in a healthy relationship.

To continue her passion for helping others CREATE CONNECTION in their lives and relationships, Kathleen also wrote *Today I Will... 100 Daily Commitments for Couples*, and accompanying 52 card deck.

In 2015 Kathleen developed *Connection Authenticity Vulnerability Therapy*,™ a therapeutic model based on her own life philosophy. Through this approach she teaches others to **pause, be still, and connect with their feelings in the moment, and believe that **"NO MATTER WHAT"** they will be ok.**



SPEAKING TOPICS

As a speaker, Kathleen shares not only clinical expertise but also her own challenges and life lessons as she emphasizes her belief that "WE ARE ALL WORKS IN PROGRESS." She is consistently described as genuine, insightful and approachable, and her speaking style as non-judgmental, validating and encouraging. Her audience can be sure to find their experience with her as time well spent as they gain insight and knowledge, and take away tools to help them **visualize and manifest the life and relationships they dream of.**

- » RELATIONSHIP RESCUE: 10 STEPS BEFORE CALLING A THERAPIST!
- » CREATING CONNECTION WITH YOUR AUTHENTIC SELF: LEARN WHO YOU ARE, WHAT YOU WANT, AND HOW TO GET THERE
- » CREATING CONNECTION WITH YOUR PARTNER: LEARN HOW TO SEE EACH OTHER, HEAR EACH OTHER AND LONG FOR EACH OTHER!
- » CREATING CONNECTION WITH YOUR CHILDREN: LEARN HOW TO DEVELOP A CLOSE, RESPECTFUL AND FUN RELATIONSHIP WITH YOUR CHILDREN THROUGHOUT THE YEARS!
- » CREATING CONNECTION WITH YOUR INNER-ARTIST: LEARN HOW TO GET OUT OF YOUR OWN WAY AND LET YOUR CREATIVITY SOAR!
- » GETTING OUT OF YOUR OWN WAY: THE ROADMAP TO VISUALIZING AND MANIFESTING THE LIFE, CAREER AND RELATIONSHIPS YOU DESIRE
- » LIVING WITH EMOTIONAL INTELLIGENCE: LEARN TO LISTEN TO YOUR INNER-VOICE, UNDERSTAND YOUR FEELINGS, AND CONNECT WITH OTHERS

TESTIMONIALS

All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship.

— **Harville Hendrix, Ph. D.** and **Helen LaKelly Hunt, Ph. D.**

Kathleen's presentation was very practical and could easily be applied into the therapy room immediately. Her style is very professional and also personable. She was able to relate to everyone in the room. She answered questions and comments in a very cordial manner. Working with Kathleen to set up the presentation was very easy and she was great to work with."

— **Naveen Jonathan, Ph.D., LMFT**
Clinical Assistant Professor of Marriage & Family Therapy Director,

Kathleen Mates-Youngman has been a pleasure to work with. Incredibly responsive, motivated and delightful, Kathleen delivers on her promises as an author and speaker. I wish all the authors I work with had her same positivity, work ethic and knowledge.

— **Karsyn Morse**
Acquisitions Editor
PESI Publishing and Media

Attending the workshop with Kathleen was such a breath of fresh air! She had a great energy and presentation style. She was warm and taught the material in a very accessible way. So often I am disappointed in the quality of presenters out there, but Kathleen's presentation left me feeling inspired and excited about what I learned. I especially found her presentation organized, engaging and very easy to follow which is not always the case with continuing ed presentations.

— **Cynthia Bassuk MA LCPC**

Kathleen is a valuable resource to have at any event. Her grounded, inspiring and engaging energy brings authentic connection and space to learn and practice. Kathleen offers a unique approach by leading with her own philosophy that allows anyone to feel connected and open. Kathleen is knowledgeable in the areas she teaches and gives you a real-life perspective of how to utilize this knowledge in your own life.

— **Artist Nichole Rae**
Creative Guide + Artist + Author