

Rooted in Relationships: Building Stronger Couples and Families in Rural and Tribal Communities

Live webinar on October 21, 2026, 2pm to
3:30pm CT and on-demand (recorded)

Co-sponsored by Haugen Performance
Consulting (HPC), & Assessment and
Therapy Associates of Grand Forks (ATAGF)



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Licensed Psychologist
ATAGF & HPC



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Licensed Psychologist & EFT-
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\$0 to 35* • October 21, 2026 • 2 to 3:30pm CT
Enter code RHTPHMT to register for FREE (see free criteria below)

Visit the link or scan the QR code to register:

<https://courses.haugenperformance.com/p/hmt>



*Free: 1) If you are a rural or Tribal ND resident; or 2) If 50% of your employees/clients you serve are rural or Tribal ND residents). Anyone else may join for \$35. On-demand is free for people meeting criteria until April 21, 2027 at 11:59pm CT and \$35 thereafter.

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Stronger Relationships: Rural & Tribal Communities

Live (10/21/26) & on-demand

1.5 CE hours

Investment: \$0 to 35*

Interpersonal relationships are a crucial component to health and well-being, in that they impact mental health, health behavior, physical health, and mortality risk (Ross et al., 2019; Umberson & Montez, 2010). Specifically, there is strong evidence to support the positive influence of romantic (Robles et al., 2014; Smith & Baucom, 2017) and non-romantic family relationships (Woods et al., 2020) on overall health and improved health outcomes. Similar results have been found in studies with rural residents (Roberson et al., 2023) and studies examining relationality in American Indian/Alaska Native communities (O’Keefe et al., 2019). Relationship challenges and family stressors are also risk factors for suicide (Hammond et al., 2025; NDSFRC, 2026; Stack, 2021), and improving family and couple relationships can assist with decreasing suicide risk (Li et al., 2025). Overall, strengthening romantic and family relationships can be a meaningful avenue for upstream suicide prevention for rural and Tribal residents. In this webinar, the presenters discuss relevant research findings regarding the impact of family and couple relationships on health, well-being, and suicide. Then, they will outline how relationship education programs can be used as upstream suicide prevention strategies, which will include presenting data from a project funded by the North Dakota State Suicide Prevention Program focused on service member and Veteran couples. The presenters will discuss the expansion of this program to include rural and Tribal North Dakota couples and families (with teens and adult children) as part of the Rural Health Transformation Program within North Dakota. Although we provide continuing education credits for this webinar, it is relevant for anyone who is interested in the topic.

OBJECTIVES:	SCHEDULE (specific timing subject to vary):	
Upon completion of this course, participants will be able to:	5 minutes	Overview of the course
1. Describe the positive and negative roles that relationships play in health, well-being, and suicide	30 minutes	Positive and negative roles relationships play in health, well-being, and suicide
2. Examine how an evidence-based weekend relationship workshop can positively impact relationships using data from a project focused on service member and Veteran couples in North Dakota	15 minutes	Important factors for rural and Tribal communities
	30 minutes	Data from a project focusing on service member and Veteran couples in North Dakota
3. Describe features of an expanded project for rural and Tribal ND couples and families (with teens & adult children)	15 minutes	Expanded project for rural and Tribal ND couples and families (with teens & adult children)
	Evaluation (not counted in CE hours): 10 minutes	

TOTAL CE TIME: 1.5 hours - no partial credit provided (Must be present for at least 90% of the live webinar to receive CE credit. Attendance is monitored & verified.) On-demand participants must watch 100% of the webinar, take post-test, and receive passing score of 75% to receive credit. If post-test is not passed within 3 attempts, participants must (re-)purchase the course for additional attempts.



Dr. Haugen is a Licensed Psychologist at ATAGF and Founder & CEO of HPC. She has been actively involved in state suicide prevention programs in North Dakota since 2021. As a North Dakota resident who was raised in a rural North Dakota farming community, she has a deep understanding of cultural factors impacting mental health and well-being for North Dakotans. She is also passionate about upstream suicide prevention and Program Manager of both programs discussed in this webinar.



Dr. Jackson is a Licensed Psychologist, Certified EFT Therapist, & Certified EFT Supervisor. He is also co-founder of ATAGF. He is passionate about helping people find secure, meaningful connections with their partners. He is Project Director for the service member and Veterans project and the rural and Tribal North Dakotan project. He is actively involved in the EFT community and a member of the MNCEFT Board.



Dr. Mickelson is a Licensed Psychologist and EFT-trained therapist working at ATAGF. She works with survivors of trauma and provides couples and relationship therapy using EFT. She is a Core HMT instructor for the service member and Veterans project and the HMT Family Programs Lead on the rural Tribal North Dakotan project. She is currently pursuing the Certified EFT Therapist credential.



Assessment and Therapy Associates of Grand Forks, PLLC, is approved by the American Psychological Association to sponsor continuing education for psychologists. Assessment and Therapy Associates of Grand Forks, PLLC, maintains responsibility for this program and its content. CE approval was sought from other entities; visit the registration page for the most updated list of CE sponsor approvals.



This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of Assessment and Therapy Associates of Grand Forks, PLLC, and Haugen Performance Consulting, PLLC. Assessment and Therapy Associates of Grand Forks is approved by the BOC to provide continuing education for athletic trainers (#P10213).

The Regulatory Fineprint

If ATAGF/HPC cancels the class, registrants will receive a full refund. By 5pm CT 10/14/26, paid registrants who cancel for any reason will receive 90% refund of their registration fee (minus processing fees). Cancellation requests must be received no later than 10/14/26 at 5pm CT via email (training@grandforkstherapy.com). Be sure to include your name, address, and contact information as provided in your registration information. No refunds are granted after 10/14/26 for any reason, and no refunds are granted for on-demand paid registration.

ATAGF/HPC does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. ATAGF/HPC is committed to accessibility and non-discrimination in its continuing education activities. If participants have special needs, ATAGF will do their best to accommodate them. Please address questions, concerns, and complaints to ATAGF’s Co-Chair of Continuing Education & Training, Christine Boulton-Olson, PhD, LP, at training@grandforkstherapy.com.Port

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