

Owens Institute for Behavioral Research Relationship Science Work Group

PRESENTS

Family Instability as a Major Public Health Issue: Crisis and Opportunity

with

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Miller Learning Center | North Tower, 3rd floor | 2-3:00pm

Research on the effects of relationship instability suggest that it can have widespread negative effects on the mental and physical health of individuals in the intimate relationship. Furthermore, it can have harmful effects on their offspring and ultimately their communities as these effects ripple out across generations. Given these problems and the large discrepancies in divorce and marriage rates between income levels, family instability also might be a major source of health and financial inequities. However, despite the accumulating evidence that this problem has negative downstream effects on a number of societal problems, federal funding and research support to intervene on this issue is largely lacking, which creates its own widening circles of problems in research and training in couple and family psychology. This talk will provide an overview of a white paper on this topic that was developed by an APA Division 43 task force and then will discuss some potential approaches to ameliorating this problem.



Dr. Gordon received her Ph.D. in clinical psychology from the University of North Carolina at Chapel Hill and completed her clinical psychology internship at the Brown University Consortium. She is currently Full Professor and Director of Clinical Training in the Department of Psychology at the University of Tennessee. She recently was PI on a large federal grant designed to implement a brief relationship intervention in a primarily low income population, and was Co-Investigator on a grant from the National Cancer Institute investigating a couples-based smoking cessation intervention with Latino males and on a NIAAA grant investigating relationship factors predicting relapse following treatment for substance use. She is the co-author of two books on how to help couples recover following infidelity published by Guilford Press (one for the lay public and a companion book for therapists), and of numerous articles on forgiveness, infidelity, and general couple distress. She was elected a Fellow in the Society for APA's Couple Family Psychology and was recently President of that Division. She serves on the editorial board for the *Journal of Family Psychology*, *Family Process*, and *Couple and Family Psychology: Research and Practice*. Her work regarding infidelity has been cited in national media outlets such as the *New York Times*, *USA Today*, *Psychology Today*, and the *APA Monitor*, and in regional and local TV and news media. In addition to her research, teaching, and service activities, she also maintains a private practice in Knoxville, TN and is mom to two fantastic daughters.

For additional information, go to www.oibr.uga.edu or contact Andrea Horsman at ahorsman@uga.edu



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