



creating greatness in relationships

Bio-Sketch & Introduction



Jonathan's full vita can
be viewed at
[bardos.net/About/
Vita-Jonathan.html](http://bardos.net/About/Vita-Jonathan.html)

Jonathan Sherman is a Licensed Marriage & Family Therapist and Relationship Consultant specializing in creating "greatness in relationships." He is the founder of Bardos Relationship Consulting and The Relationship Wellness Series™ of free workshops designed to strengthen families and enrich our community.

His three main areas of focus are self-mastery, couple's work, and parent training. He is experienced in assisting people learn how to improve their marriages, their parenting and themselves through skill development, life coaching, overcoming depression and anxiety, stress and anger management, and addiction recovery. He speaks and teaches extensively on a wide range of relationship topics in both the community and professional sectors.

Jonathan is also the Youth Substance Abuse Coordinator for Valley Mental Health in Summit County, UT and an instructor for the State of Utah's Shared Parenting Course for Divorcing Parents. His background includes residential addiction treatment, domestic violence perpetrator and victim treatment, at-risk youth services, and home-based services.

He has written over a hundred articles for his Great Relationships newspaper column and has developed numerous products for professionals and lay people. He was awarded the Outstanding Education Award by The Utah Behavioral Healthcare Network for "recognition of outstanding efforts in presenting the public with accurate, meaningful and current information about mental illness."

He works closely with clergy in crafting solutions on the individual, congregational and community levels to strengthen marriages and families through integrating the best practices of human relationships within the context of one's faith in God.

He has worked with school districts, principals, teachers and school counselors in creating effective solutions to difficult behavioral and emotional problems with their students. He has developed the Be the Answer: Solutions to Bullying™ prevention and intervention program modeled on evidence- and researched-based solutions. He conducts teacher training and school assemblies on this and other topics.

Jonathan did his undergraduate work in Family Sciences at Brigham Young University and his master's work in Marriage and Family Therapy at Northern Illinois University just west of Chicago.

He is married to a lovely and skilled husband trainer who has truly earned her keep. They live in eternal bliss (okay, fairly peaceably) with their four children in the Rocky Mountains of Utah.

Jonathan has been passionately educating individuals, couples, families and groups about building strong families and creating great relationships for well over a decade.

Jonathan D. Sherman, LMFT

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