Matt Wade, LMFT
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unstucktherapy.org/speaking



SPEAKER PROMO KIT

Matt Wade, LMFT

Licensed Marriage and Family Therapist • Author • Lecturer

Everything in this kit is approved for use in your event promotion: programs, websites, emails, social media, and your emcee's introduction. Please use the bios as written. A high-resolution headshot is available on request.

SHORT BIO (50 WORDS)

> Matt Wade, LMFT, is a Licensed Marriage and Family Therapist, founder of Unstuck Therapy, and an Intensive Specialist and Lecturer at Onsite Workshops. After 25 years in pastoral ministry, he now helps couples and leaders find their way back to connection. He is the author of *Secure* and *The HEART Model*.

FULL BIO

Matt Wade, LMFT, has spent his life sitting with people in the hardest moments of their relationships. For 25 years he served as a pastor, walking alongside families through marriage, loss, conflict, and faith. That work led him to clinical training and a second career as a Licensed Marriage and Family Therapist.

Today Matt is the founder of Unstuck Therapy, where he works exclusively with couples in three-day intensives, and an Intensive Specialist and Lecturer at Onsite Workshops in Tennessee. His work is rooted in experiential therapy and informed by psychodrama, Emotionally Focused Therapy, and Brainspotting. He holds an M.A. in Marriage and Family Therapy from Trevecca Nazarene University.

Matt is the author of *Secure: 90 Days to a More Connected Relationship* and *The HEART Model: A New Pathway to Forgiveness for Couples*, and the creator of the Reach and Return framework for breaking the pursue and withdraw cycle. He is a frequent guest lecturer at colleges, universities, and training groups, and has spoken to corporations, churches, conferences, and first responder and legal professionals. Audiences know him for being honest, warm, practical, and occasionally very funny. He grew up in Sipsey, Alabama.

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EMCEE INTRODUCTION (ABOUT 30 SECONDS)

"Our next speaker spent 25 years as a pastor before becoming a Licensed Marriage and Family Therapist. Today he serves full time at Onsite Workshops in Tennessee, where he leads intensive therapy for both couples and individuals and lectures across Onsite's programs. Through his own practice, Unstuck Therapy, he also guides couples through three-day intensives. He is the author of *Secure* and *The HEART Model*, and he has a gift for helping people understand why we get stuck and how we find our way back to each other. Please welcome Matt Wade."

SPEAKING TOPICS

Couples and Attachment

Why couples fall into the same fight and how to find their way back. Draws on Matt's Reach and Return framework and the HEART Model for forgiveness and repair.

Trauma and Healing

How trauma shapes the way we love, work, and cope, including inner child work and codependency.

Helper Wellness

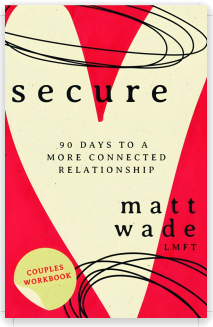
Vicarious trauma and burnout for first responders, legal professionals, clinicians, and anyone who carries other people's pain for a living.

Faith and Leadership

Emotional health for pastors, ministry leaders, and organizations. Leading from a regulated, whole self.

Every talk is tailored to the audience. Custom topics are available.

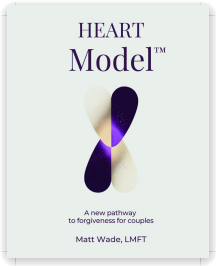
BOOKS



Secure

90 Days to a More Connected Relationship

A couples workbook with daily reflections and conversations that build safety, trust, and closeness one day at a time.



The HEART Model™

A New Pathway to Forgiveness for Couples

A five-step framework for relational repair: Honor the Hurt, Empathize with the Experience, Acknowledge Responsibility, Release the Resentment, Turn Toward Repair.

Booking and Media

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