

12th International Conference on **Mental Health and Psychiatry**

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The Generational Effects of Marriage on Children**Nancy Landrum**

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Statement of the Problem: Despite growing awareness of mental health as integral to overall well-being, millions of individuals especially within intimate partnerships remain underserved when it comes to acquiring the practical skills necessary to maintain emotionally safe, mentally healthy relationships. Couples experiencing high stress, conflict, or disconnection sometimes turn to therapy, but may discontinue treatment due to stigma, expense, or lack of actionable tools. The only alternative may appear to be divorce, which creates its own long-term trauma. Also receiving inadequate attention is the impact of couple conflict on the emotional condition of their children. The missing link is often education in respectful communication, boundary-setting, and emotional regulation.

Methodology & Theoretical Orientation: Drawing from over 30 years of coaching, course facilitation, and her own lived experience navigating grief and family addiction, Nancy Landrum delivers skills-based interventions rooted in relational psychology and spiritual psychology principles. Her work emphasizes skills acquisition through guided practice, personal storytelling, and cognitive reframing.

Findings: Not only have hundreds of couples experienced transformation through her method, reporting reduced conflict, improved emotional regulation, and renewed connection, but the health, behavior, and emotional states of their children demonstrate corresponding improvements. Notably, couples often achieve these gains without clinical diagnosis or long-term therapy—highlighting the untapped power of skills education as a preventative, accessible

approach.

Conclusion & Significance: When relationship distress is approached not solely as a clinical issue but as a solvable skills gap, mental health becomes more approachable, scalable, and destigmatized. This presentation advocates for integrating communication skills training into family systems and public wellness efforts. The couples are happier, conflicts are respectfully resolved, and the children are given an in-house example of a happy, functional marriage. This increases the children's chances of replicating a healthy pattern of relationships. The early mentoring model explains why poor relationships (divorces, domestic abuse, addictions, limited education) and happy marriages (stable, respectful, affectionate, committed) both tend to run in families.

Biography

Nancy Landrum is a seasoned Relationship Coach, speaker, and author with over 30 years of experience helping couples create emotionally safe, resilient partnerships. After surviving the early loss of her first husband and navigating the challenges of parenting a child with addiction, Nancy committed herself to teaching the communication and conflict resolution skills that saved her second marriage. She holds a Master's in Spiritual Psychology and has authored eight books and two online courses focused on practical, transformative relationship education. Nancy's workshops and coaching programs blend psychological insight with heartfelt storytelling and hands-on practice, allowing couples to reconnect, repair, and thrive. Her mission is to make strong, healthy relationships accessible to all through educational tools that address the root causes of disconnection before they escalate into unredeemable trauma. Her work complements clinical mental health interventions by offering a scalable and preventive approach to emotional well-being for adults and their children.