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"How to Avoid Marrying a Jerk"

Regent University School of Psychology to feature noted marriage counselor

by Carletta N. Perry

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VIRGINIA BEACH, Va.— "How to Avoid Marrying a Jerk," a phrase coined by leading marriage counselor, Dr. John Van Epp will be presented at Regent University on Saturday, May 15 from 9 a.m. until 1 p.m.

The entertaining and educational program is being sponsored by MMATE (Regent's Marriage Ministry Assessment Training & Empowerment Center) in the School of Psychology and Counseling.

For more than 20 years, Van Epp has been presenting issues related to marriage, family, recovery, singlehood, emotional make-up, relationships and divorce issues. "How to Avoid Marrying a Jerk" has been taught in 45 states, 7 countries, 250 military bases, thousands of churches, singles organizations, educational settings and agencies.

The program describes the major areas that may predict what a person will be like in marriage. It also describes bonding forces that must be kept in balance as a successful marriage relationship grows.

On May 15, Van Epp will concentrate on 5 key areas: family background, conscience, compatibility potential, relationship skills and past relationship patterns.

Van Epp believes that individuals have to learn how to follow their heart without losing their mind.

"Particularly, when you are dating, you are working on the heart, and your heart is leading things, but what you want to do is connect your heart with your head to choose who to marry," says Dr. Jennifer Ripley, director of the MMATE Center and associate professor at Regent.

With an audience of singles, couples and those individuals who might marry again, like widows, MMATE hopes to strengthen relationships as well as the people in relationships by hosting the program.



Featured speaker, Dr. John Van Epp, will provide a little humor and a lot of knowledge on "How to avoid marrying a jerk" or jerkette.



Dr. Jennifer Ripley, director of MMATE Center and professor in the School of Psychology and Counseling at Regent

"Many times in life we have known someone or we've married someone who was a mismatch. Or, you may know someone who is now divorced and you thought that wasn't really a good connection," says Ripley.

"After years of research, Dr. Van Epp has found that there are some principles that can really help people," states Ripley.

Van Epp holds a M.A. in Pastoral Counseling and Psychology, a M.A. in Church History from Ashland Theological Seminary and a Ph.D. in Counseling Psychology from the University of Akron.

This event is free and open to the public. However, if you do not register in advance, the cost will be \$5.00 at the door.

To register for this event, visit <http://home.regent.edu/jennrip> or contact Dr. Jennifer Ripley at 757-226-4296.

You can also visit Dr. Van Epp's website, <http://www.nojerks.com>, for more information about "How to Avoid Marrying a Jerk."

Regent University is the nation's preeminent Christian graduate university offering master's and doctoral degrees, as well as a professional degree completion program, from a Judeo-Christian perspective. With a commitment to academic excellence and innovation, Regent prepares men and women to make a positive impact upon American society and the world.

Twenty-eight graduate degree programs are offered on the Virginia Beach campus, and 13 are being offered at the Washington, D.C. campus. Students may also pursue more than 20 programs online via the Regent University Worldwide Campus. The eight graduate fields of study offered at Regent University include business, communication and the arts, psychology and counseling, education, government, law, organizational leadership and divinity, which also offers a Ph.D. degree in Renewal Studies. Regent also has a Center for Professional Studies where qualified individuals may complete their bachelor's degrees in Organizational Leadership & Management, Religious Studies and Interdisciplinary Studies (teacher licensure program).

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PR/NEWS CONTACT: BAXTER ENNIS

Director of Public Relations

Phone (757) 226-4093 Fax (757) 226-4434

e-mail: bennis@regent.edu



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[1000 Regent University Drive](#), Virginia Beach, VA 23464

Toll Free: 800-373-5504, Phone: 757-226-4127, Fax: 757-226-4434

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