

UPF Europe and the Middle East: German Relationship Experts Offer Advice on Family Life

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Stuttgart, Germany – More than 60 participants joined an online Peace Talk held in observance of the International Day of Families and Global Day of Parents on May 30, 2026. The event focused on the importance of supporting families, both through public policy and through practical efforts to strengthen relationships, communication, and conflict resolution in daily life.

Mr. Karl-Christian Hausmann, chairman of UPF-Germany, opened the event by describing the family as a foundational social institution where values, trust and responsibility are passed from one generation to the next. He stressed that child well-being depends in large part on strong family environments and called for families to be treated as a central public concern.



Drawing on their work in couples and family counseling, **Mr. Jonathan Makkonen** and **Ms. Janine Förster** of Das Relationship explored how conflict develops in close relationships and what helps build healthy family dynamics. They highlighted the influence of early attachment experiences, unspoken expectations and stress, and emphasized that communication skills can be learned and strengthened over time.

A key message of the discussion was that strong family relationships do not emerge automatically. They require time, care, self-awareness and sustained communication. The speakers also emphasized the value of seeking support early, noting that counseling can help families address unhealthy patterns before they deepen into crisis.