

ODESSA WELLNESS CENTER

PRESENTS

COMMUNICATION

FOR

CONNECTION

**COMPASSIONATE
UNDERSTANDING**

AND

RESPECTFUL RELATIONSHIPS

WITH

YOUR SIGNIFICANT OTHERS

COURSE DESCRIPTION

You know that you and your significant other care for each other and yet are there times that you both wish you could communicate more clearly and connect with more compassion and respect for each other and yourselves? This group is for anyone and your significant other (spouse, partner, parent/ adult child, siblings or work colleagues) who desire to improve your current patterns or methods of communication. In this course we will learn and practice the skills, principles and wisdom within Nonviolent Communication and support you and your significant other as you change and improve the quality of your connection and communication with each other.

Some of the basic principles in Nonviolent Communication that we will be learning are: to verbalize the triggering behaviors (the behavior is the problem instead of the person), connect the feelings (true body emotion, instead of criticism or opinion) with the triggering event, express the unmet need that is behind the feelings and make a clear, action oriented request in order to help meet unmet needs. We will be practicing how to do the above without threats, blame, silent treatment, demands, criticism or punishment. The practice of empathy and compassion for yourself and others will be taught and emphasized as a key element in being able to improve your ability to connect with others and self. Our first 4 meetings will be devoted to learning, practicing and integrating the principles of Nonviolent Communication and our remaining 4 meetings will be used to give you opportunity to safely practice these principles with your significant other under the group's support and guidance.

Judy McClung is a licensed marriage and family therapist, who has made it a priority in her personal and professional life to learn the necessary skills that would enable her to practice clear, compassionate and respectful communication. She has also facilitated groups for over ten years and has extensive training in gestalt group therapy. Come join us as Judy leads us in Communication for Connection, Compassionate Understanding and Respectful Relationships for eight weeks starting sometime in March (depending on the most convenient time for those interested). We will meet at Judy's office at 32 Clayton Street in Asheville and the price will be \$250 per person. The entire amount needs to be paid in full no later than the beginning of our first meeting on 1/28 (credit cards are not accepted). Sign up soon because space will be limited to 8 people! Call Judy at: 828-712-3469 or email: odessawellness@yahoo.com. A check of \$50 per participant will be required to register and hold your space.