

**8 Week Class****Dates:** Sept 29th; Oct 6, 13, 20, 27; Nov 3, 10, 17**Time:** 6:30-8:30  
(registration at 6:00)**Fee:** \$275

## Compassionate Communication Course For Therapists, Counselors and Social Workers

### Professional Benefits

No matter what therapeutic approach you use, this course will greatly support your therapeutic effectiveness. Therapist, Counselors and Social Workers have reported the course supported their therapy/counseling skills in the follow ways:

- ◆ Learned a different way to empathetically reflect back to clients on a deeper level than they've been trained to do...Clients felt deeply heard and tangibly respond to this type of empathy
- ◆ Refined their feeling and need literacy to be able to support their clients to know what they are feeling or wanting and how to make requests around these
- ◆ Helped Clients connect with long-standing needs they didn't know they had
- ◆ Learn how to effectively speak their own feelings and needs to clients when necessary

*I found the Compassionate Communication course to be profoundly helpful! I now have tools for understanding the feelings and needs of myself and others and am able to communicate much more effectively as a result. The course has resulted in my being able to look at conflict from a place of compassion more than ever before and to find clearer ways of communicating with others that leads to resolution. I would unhesitatingly recommend this course for anyone. ~Alan Paduano MS*

### Personal Benefits Of The Course Will Support You To:

- ◆ Cultivate more respectful, empowering connections with yourself and others
- ◆ Transform judgment and criticism into understanding and connection
- ◆ Improved sense of emotional intimacy with friends and family
- ◆ Listen in a way so others are really heard
- ◆ Get what you want more often without using demands, guilt or shame
- ◆ Hear the needs behind whatever anyone does or says
- ◆ Move beyond power struggles to cooperation and trust
- ◆ Create a quality of connection that embodies unconditional love
- ◆ Improved your confidence in your own assertiveness by using non-confrontational communication that is clear, non-blaming and expressed straight from the heart

*I signed up for this class hoping for a deeper, truer expression of spirituality ~ how to be with friends and family when the heat of our misunderstandings threatens to burn us to ashes. I longed for a peace that is more than just a word-stone on my altar. Then this class opened me ~ and the torrent of unloved sorrows, shadows, and unmet dream-wishes of my life have flowed forth. I've been riding the rapids, spiral eddies, and still waters right into the peace light of my own heart. The journey has been terrifyingly vibrant and sweet. I've been very grateful for Jerry's rock solid empathy and kind wise words as riverguide. You don't drown in this river ~ you learn how to breathe under water. ~ Janet Merrell, Ph.D.*

## Course Content

You'll learn:

- ◆ typical ways we all respond to others that block compassion and connect with how you might do this unconsciously or out of habit.
- ◆ to distinguish between a pure observation from an observation loaded with evaluations. This means you can tell people exactly what was upsetting you without making judgments, which tend to cause disconnection and defensiveness.
- ◆ to differentiate between feelings, thoughts and interpretations and build your feeling vocabulary so you can connect with what you are feeling and what the other person is feeling.
- ◆ to look deeper and connect with your own needs and the other person's needs. A need-based connection gives both a greater chance of getting them met in a mutually satisfying way.
- ◆ to make requests of the other that are specific, connecting and compassionate.
- ◆ to give empathy to others and learn to hear the real messages under the judgments.
- ◆ to deal compassionately with anger: both express your anger compassionately and to hear the needs under your the other's anger.
- ◆ to translate dream-killing language like "I should" or "I have to" into empowering language of choice.
- ◆ to express and hear gratitude: translating positive judgments into clear expressions of gratitude that can fuel the relationship for a lifetime.

## Course Structure

- ◆ A group will come together over an 8 week period once a week for 2 hours. In these group sessions, people will get first hand experience learning and using the model before they apply it in their daily life.
- ◆ Each participant will receive a workbook that includes many experiential exercises to do outside the group work. This helps you apply the knowledge and skills to your life.
- ◆ Learners have the option to partner with other class members to practice outside the group.
- ◆ Three 30 minute private phone coaching sessions can be scheduled to apply the model to your unique professional challenges. This is a time where you customized the course to your particular professional or personal circumstances.

## Course Director

William Barthel, MSW, LCSW

Associate Director

MAHEC Mental Health Education

## Faculty

Jerry Donoghue is a communication coach who helps people learn to speak from their hearts with compassion. Jerry started his communication coaching business in 2003 to help people apply the powerful Compassionate Communication model to their lives. Prior to this, Jerry founded Montage Productions, Inc., in 1986, a successful training and development company. He wrote and designed many highly acclaimed communication training programs. Over 8000 businesses and organizations have benefited from his training programs. He is currently writing a book on how to apply the Compassionate Communication model internally which will be published in 2009. To contact Jerry please call (828) 252-0538, email [jerry@ashevilleccc.com](mailto:jerry@ashevilleccc.com) or go to [www.ashevilleccc.com](http://www.ashevilleccc.com)

**The Cost of The Course** \$275.00

- ◆ Fee includes workbook.
- ◆ Participant will need to purchase 'Nonviolent Communication, A Language of Life' by Marshall Rosenberg, \$17.95

**Education Credits**

Application has been made for 16.0 hours of "General Skill Building" credit from the North Carolina Substance Abuse Professional Certification Board.

MAHEC designates this continuing education activity as meeting the criteria for 1.6 CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

MAHEC is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (Provider #5514). 16.0 hours.

**Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Course Director 16.0 hours.

**Please Note:** This program does not offer discipline specific credit for nurses or allied health professionals.

**8 Week Compassionate Communication Course  
Tuesday Sept 29th-Nov 17th**

Name \_\_\_\_\_ Credentials \_\_\_\_\_  
 Social Security #XXX-XX \_\_\_\_\_ (last 4 digits req'd) Occupation \_\_\_\_\_  
 E-mail Address \_\_\_\_\_  
 Home Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
 Home County \_\_\_\_\_  
 Home # \_\_\_\_\_ Work # \_\_\_\_\_  
 Employer \_\_\_\_\_ Department \_\_\_\_\_  
 Employer's Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
 Work County \_\_\_\_\_

Brochures go to  home  email  Please remove my name from the MAHEC mailing list.

Registration Fee: (Class size is limited!)

- \$275.00 if you register by Sept 22nd  \$290.00 if you register after Sept 22nd

PLEASE PRINT

Charge my:  Visa  Mastercard  Discover Card

Account # \_\_\_\_\_ Make check payable to MAHEC and send to:  
 Exp \_\_\_\_\_ MAHEC Registration, 501 Biltmore Avenue  
 Name on Card \_\_\_\_\_ Asheville, NC 28801-4686 or Fax to 828-257-4768  
 Signature \_\_\_\_\_

Employer will mail fee (fax registration now!)

Supervisor's Authorization \_\_\_\_\_