



## Does The Communication in Your Relationship Pass The Test?

Take This Quiz to See How YOU Score!

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| 1. Do you think you are right and your partner wrong about various matters?       | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Do you criticize your partner or do the silent treatment to get what you want? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Do you have a hard time expressing feelings or expressing what you want?       | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. Do you respond with anger or withdrawal when facing conflicts?                 | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. Do you analyze and try to fix your partner's problems to get your needs met?   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. Can you listen to judgments directed at you without taking it personally?      | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. Do you catch yourself making judgments and feel frustrated with yourself?      | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. Do you find yourself having lots of arguments or the same ones repeatedly?     | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

If you answered **YES** to ANY of the above questions, then I'm confident the communication with your partner (or future partner) can be improved significantly .

But don't feel bad, not many people pass this test. In fact, I designed the test for people to fail as a way to call attention to the life-alienating communication we all use in our relationships.

You see, I believe we all want support, to be heard, and to have peace in our relationships. The problem is, we all have learned a language that is not really supportive, does not lead to being heard, and causes many conflicts in our relationships. Even though we may have done a lot of personal growth work, we often use this life-alienating language unconsciously out of habit.

For example, have you ever caught yourself making judgments about your partner, stopped yourself, and then started beating yourself up over making judgments?

I'm guessing you stopped yourself because on some level you know there is a better way to communicate. You beat yourself up (made judgments about yourself making judgements) because the habit of making judgments is deeply ingrained, and/or maybe you don't know a more compassionate way to communicate with yourself and others. In this booklet, I'll explain how to translate and express your judgments in a compassionate way.

Or maybe you think you're a good listener. Surely good listening skills can't be filled with life-alienating language. Well, that depends on what you mean by "good" listening skills. In the section on empathy, you'll learn how the Compassionate Communication model defines empathetic listening and how it is different from other forms of listening. It might surprise you, it did me.

Or maybe you've been afraid to express anger because you feel it is wrong, not compassionate or nice to do so and simply stuffed the anger? As a result, maybe you let people walk all over you because you want to maintain a self-image of being compassionate or nice. But how compassionate is that to yourself to allow others to walk all over you? Read this booklet and you'll discover a model of communication that teaches you how to express anger compassionately. Yes, this was not a misprint, you can actually learn to express anger with compassion.

The point I'm trying to make is this: We all work so hard to improve ourselves and to grow in our relationships and it pains me to see people struggle and get frustrated because they use life-alienating communication out of habit or don't know how else to respond. This is why I created the *Compassionate Communication Course*.

## **So How Do We Break Out Of The Habit Of Communicating In Life-Alienating Ways?**

There are three things I found important for breaking this habit of communicating in non-compassionate ways. The first is to **use a powerful communication model that does not feed our life-alienating communication habits**: The Compassionate Communication model helps people connect to what is alive in them. "What's alive" means what they are feeling and needing or wanting. It teaches people how to express themselves and get what they want and need without directing judgments at their partners.

The second thing is **practicing and learning the model in an experiential way so that it replaces the deeply ingrained habits**: Practicing a new way of communicating is like learning a new language. People rarely can pick up a Spanish book, read it and then become fluent in speaking Spanish. It takes practice. It's proven, that when people are immersed in an environment where people are speaking Spanish, they quickly learn and begin to speak the language. The same is true for learning and becoming fluent in the language of compassion. This is why I designed the course to be experiential, where we immerse in small collaborative groups to learn the language of compassion.

And third is **having a competent coach helping you by both demonstrating the model and giving specific feedback as you apply it in your daily life**.

As I'm thinking about what to write here, I'm feeling excited and enthused because I know the value and benefits of the model and want to share this with you as accurately and compellingly as possible. The challenge I have is the benefits of this model are difficult to realize unless you experience it. So instead of giving you a bunch of bulleted points about how great the course is, I will thoroughly explain with examples how the model works so you can make an informed decision.

First, to help you become aware of the importance and impact communication has in relationships, I researched the internet to see how many common relationship problems were a matter of communication. Here are the top relationship problems and the role communication plays:

## **1) Money Problems Cause Constant Power Struggles and Insecurities**

The most common problem reported by couples has to do with money: how to spend it, who makes it, and how much is made, etc. Money represents power and security for people. But when you take a hard look at all the problems surrounding money, you see that they are really communication problems. For example, how to spend money is a matter of fulfilling the wants and needs of a person that may be different than their partner's, and these differences are never talked about and brought out into the open.

By learning the Compassionate Communication Model, you'll learn not only how to connect with your own feelings and needs surrounding money, but also learn to connect with your partner's feelings and needs. From this place of mutual understanding and desire to get both you and your partner's needs/wants/values met, resolution, peace and harmony can really happen. All the disputes, power plays, and struggles pertaining to money can be eliminated. All the worries, feelings of helplessness and emotional drainage caused by conflicts around money will be addressed and dissolved.

## **2) Differences In Sexual Needs and Desires**

Problems related to sex include: discrepancies in sexual needs in terms of frequency, ways to satisfy, decreases in sexual desire or drive, and fidelity issues. Again, these are all communication problems. You'll learn how to communicate with your partner honestly and compassionately about these sensitive issues and work them out in a way where both needs can be met.

## **3) Communication Problems Affect So Many Aspects Of The Relationship**

Communication problems are varied and many. There is blaming and judgmentalism, negativity and nagging, criticizing and fault-finding, being right at all costs, attack and defensiveness cycles, having the same argument over and over, playing psychologist and analyzing each other, offering fix-it solutions when the other simply wants to be heard, giving the other the silent treatment, sulking, and so on.

These methods of relating to partners don't find resolution or completion and there is a constant struggle. Passion can be drained and resentments begin to fester and erode the connection. When you think about it, these ways of communication make no sense! Why? Because we are not likely to get what we want when using those ways of communicating.

In this Course, you'll learn to connect to what is alive in your partner. You'll learn how to take responsibility for and own your feelings, acknowledge and express your feelings and needs, and make requests of your partner in a way that is not demanding. In other words, you will be using a style of communication where your needs and wants are more likely to get met!

## **4) Time Spent Together And Intimacy Issues Are Sore Spots In Relationships**

Another big source of conflict in relationships is the amount of time spent together and the particular ways we show up when we are together. The amount of time spent together often is played out as unstated expectations and demands on the other when there are differences. Maybe your partner working excessively is coming between the two of you; or it could be time spent doing chores, errands, hobbies, or taking care of children.

Or it might not be a matter of the amount of time spent with your partner, it could be the quality of the time. We can be with someone and be preoccupied with other concerns and not really be present. I did that all the time. I would bring work home in my head and be with my partner and be preoccupied with work while having a romantic dinner. Not too romantic, eh?

Or we are emotionally unavailable by either shutting down or being preoccupied with our emotional turmoil, which gets in the way of connecting. If one partner is constantly overwhelmed with his/her own inner conflicts, he/she could be emotionally unavailable to their partner.

Perhaps an emotional connection or intimacy is lacking in one or both partners. Or, the passion the relationship started with has dwindled. The honeymoon period is over and now everything is different and you're starting to really see your partner's flaws for the first time. Maybe there is less romance than there was in the beginning.

Can you see how all of these intimacy problems are communication related? If you have any problems occurring such as these, this course will help you identify and express your feelings and desires about these intimacy problems. You will have tools to talk to you partner in a way where both of your intimacy needs can be met.

## **Other Typical Sources of Conflict In Relationships That Communication Can Impact**

- Lack of commitment
- Children and step children issues
- One partner getting all their needs met at the expense of their partner
- One partner sacrificing and neglecting their own needs to appease their partner
- Jealousy and control
- Emotional abuse
- Annoying habits
- Household chores
- Families and in-laws

There is not a problem you can think of that doesn't have communication as part of the reason or solution for the problem. This should be a huge wake up call for the need to learn to communicate in a life-serving, honest, yet compassionate way.

### **You Might Ask, "There Are Lots of Communication Tools Out There, What Makes Yours Different?"**

Often when people explore the Compassionate Communication model they equate it to other communication or psychological models they know and have used. Although comparing and contrasting is part of the learning process, it can be a mistake to reduce this model to other communication models.

When I see people dismiss the model after making a quick comparison, I get really disappointed because I know the power and depth of the model and I want to see others benefit from using it. I also feel a bit frustrated because I want people to give the model a chance on an experiential level before sloughing it off as "been there, done that." There are some nuances in the model that take time to understand and appreciate. So, if you could, have patience and read on, I'd really appreciate it.

The most distinguishing and unique characteristic of the Compassionate Communication model is its focus on the underlying needs or wants that support emotions being felt by one's self and others. Most often these needs or wants are hidden and out of site of conscious awareness, yet are instrumental in shaping and forming our communication with others and ourselves. Connecting to these needs in ourselves and others is the cornerstone of the model.

For example, telling your partner you want to spend more time with him/her is really a vague expression of the need for connection or your wanting more intimacy. These needs and wants are not always named in our communications.

Often, people are not aware of how disconnected they are to their needs/wants until they begin to practice this model. It took me awhile to connect with my own needs/wants because I was basically "need" illiterate. I remember feeling extremely frustrated. As I worked the model, this illiteracy became apparent when it came time to name the need or want I was experiencing, I drew a blank.

Unfortunately, we are not taught in our culture to connect with our needs nor to express them. In fact, we are conditioned to think that acknowledging and expressing needs is a sign of weakness or "neediness." The depth of focus on needs and wants is unique to this communication model.

## **You'll Learn How To Translate Judgments Into Feelings And Needs /Wants Which Means You'll Be Able to Connect With Yourself And Others More Easily**

Another major difference that separates this model from others, is we'll teach you to actively translate judgments you make of yourself and other's into feelings and needs. For example, I want you to imagine a friend of yours telling you "you're being so manipulative" which, of course, is a judgment. How would you feel as a result of hearing that judgment? Hurt? Angry? Shame? Guilty?

Now imagine the same friend telling you "I feel anxious and afraid because I'm needing more autonomy and freedom in this matter." What would you feel when you heard that? Can you see the difference in the quality of communication? Your friend is telling you what is going on with him/her and not making judgments about you and blaming you for how he/she feels.

This translating judgments is another area where I felt enormous frustration. I became aware of how much I expressed what I felt and the underlying need in the form of a judgment of myself or others. It is almost a cruel joke we play on ourselves and others: when we want or need something the most, we use blaming judgments to try to get it.

I have found translating judgments into feelings and needs/wants reduces the judgments in the communication process, which often bogged down or inflamed my interpersonal communications. I saw how these judgments led to a breakdown in communication or fostered long term resentments.

All it took was one judgment by me or my partner to get the judgment ball rolling. Then the other party usually got defensive and returned fire with their own judgment. The net result was loss of connection between us.. And when there is a loss of connection, the chance of each person getting their needs met is diminished greatly.

## **This Compassionate Communication Process Goes Beyond Simply Owning Judgments As Some Communication Models Suggest**

Some great communication models I've learned have tried to facilitate communication process and soften the effects of judgments by getting people to own them. This was a great step in the sense that it prompted people to be aware of and name the judgment that was occurring.

However, now I see that even when a person owns their judgments as their "interpretation" or prefaces expressing judgments with "this is my judgment," the other person often will only hear the judgment. He/she will then react by taking it personally, and focusing on the judgment which disrupts the connection.

Not only that, but the person owning and expressing the judgment is not connecting to what they need or want that is underneath the judgment. Using the earlier example, the person who owns the judgment "You're being manipulative" will not be getting in touch with their feelings of anxiousness/anger and their wanting autonomy in the situation. So judgments even though owned, are still disconnecting.

On the other end of the spectrum, I see a lot of people struggle with judgments in the sense that they think they are bad and they shouldn't be making them. They catch themselves making judgments and then judge themselves as bad or wrong. They try to suppress them and the emotional energy contained in them. This too, is good reason to learn to translate them.

The Compassionate Communication Course teaches people to translate these judgments into their feelings and needs and bypass the possibility of inflaming the communication process or repressing judgments. The result is people can convey what is authentically going on and stay connected with their partner and themselves. For me, this learning to translate judgments was huge in terms of connecting with and expressing my feelings and needs and how those were received by others.

### **Using Empathy In This Model Has Deep Healing Effects On Relationships**

The last major difference between other models is this model is the way Compassionate Communication uses empathy. Empathetic listening in Compassionate Communication has a very specific definition. I have to say how utterly surprised I was when I finally got what empathy was all about. I have to admit that what I thought empathy was and the actual experience of empathy is totally different.

When connecting with your partner empathetically, there is no rush to do anything about the feelings and needs/wants that are being expressed other than to be with them and to allow their full expression. The empathy practiced in Compassionate Communication is different from other communication techniques and practices listed below, which are often mistaken as empathy:

- Giving a person sympathy
- Reflective feedback (where you say exactly what the person said in a mechanical, rote way).
- Offering fix-it solutions

- Providing analysis of their problem
- Giving them a diagnosis of their problem
- Telling them your story of similar things that have happened to you to let them know you understand

I once fancied myself as a great listener when I used some or all of these ways of listening and communicating with people. As I practiced empathy as defined by Compassionate Communication Model, I came to know first-hand that sympathizing was not the same as empathizing. Empathy can help a person experience a deep shift in the moment; sympathy on the other hand, energizes their problem.

I also learned that people did not feel heard and were often frustrated when I offered fix-it solutions as they expressed themselves vulnerably. Jumping to a fix-it solution with people has a way of conveying the message that their feelings and needs that are occurring don't matter.

I began to see that offering my analysis of my partner's problem is inviting them to get into their head instead of facilitating staying connected with feelings and needs. Inviting people to join you in analyzing has a way of helping them to disconnect from their feelings and needs occurring in the moment.

Often I would chime in with one of my similar stories when my partner was wanting to be heard which changed the focus to me. It became obvious how hard it is to provide empathy to my partner when I'm talking about myself and telling them my "war stories."

These ways of communication can be helpful and useful in certain contexts, but are not providing empathy to one's self or others in the way Compassionate Communication defines it. The power of empathy is not really anything that can be described with words; it must be experienced and felt. **To be deeply heard is a precious gift and is rare in this world.** When it happens, the effects are healing.

### **Empathy In This Model Is Something You Need To Experience To Appreciate Its Benefits**

I would encourage anyone to experience the power of empathy this model provides before making a definitive decision about its usefulness. We give you an opportunity to experience empathy in the free pre-class consultation we offer to people interested in taking the course. (see more information later in this piece).

Giving a partner empathy means listening to the feelings and needs/wants the partner is expressing and connecting with those needs/wants verbally or nonverbally. The connection might include an understanding glance, or guessing what the partner is feeling and wanting to gain clarity. If the person is not aware what he/she is feeling and wanting, when you guess correctly, you can see on the partner's face or body gesture or verbal acknowledgment that they feel heard...in a deep way.

This is connecting with your partner empathetically. There is no rush to do anything about the feelings and wants that are being expressed other than to be with them and to allow their full expression. This is what I want people to experience in our free consultation before deciding on the suitability of the course.

## **This Model is About Connecting Deeply To Yourself And Others**

The Compassionate Communication map has a destination of connecting people to themselves and others in a way where everyone's needs are met. One of the distinguishing results of using this model is that you will learn to connect on a deep level not only with your loved ones, but also with the people who annoy you or have different values and beliefs. So in determining whether this model is for you, ask yourself if you are ready to connect deeply with yourself and others? That is the destination.

A caution I would like to add here has to do with using models in general. There are many communication models and psychological models for understanding us humans. I often see people frustrating themselves by trying to understand the Compassionate Communication model using information and ideas that are contained in a different models of understanding.

This doesn't really work and can be a source of misunderstanding and frustration. Mixing models isn't fair to the model one is trying to learn or evaluate. Any model should be evaluated within its own stated goals and intentions. In other words, it is not fair for a karate expert to evaluate the techniques and tools of sumo wrestling and dismiss them because there is no kicking involved. So please, I'd be grateful if you could evaluate this model within it's own stated goals and intentions.

## **This Course Overcomes The Limitations Inherent In Reading Relationship Books/Manuals**

Perhaps you have already been through the gamut of books and manuals available about relationships. I've read more than my share. The best of these types of books are highly useful in making us aware of how to form healthier relationships.

I have no problem with these books; however, I'm concerned with the execution and support one has in implementing their concepts. My background in training tells me that simply reading and knowing a concept does not automatically translate into behavioral changes. In fact the lowest retention rates are yield through reading, and the highest, through interactive experiential learning.

For example, relationship experts could instruct people in their books to take responsibility for their feelings in the relationship. I think that is great advice, a great concept to convey to people; However, after reading that advice, do we go out and suddenly start taking responsibility for our feelings? Of course not. This is a skill that has to be acquired through practice. We are taught in our culture to NOT take responsibility for our emotions and thoughts. So when we get triggered by our partners, we tend to hurl a barrage of judgments at them and approach them with blaming energy. We want them to do something or stop something to make our uncomfortable feelings go away.

In the Compassionate Communication Course, we'll teach you specifically the language to use to take responsibility for your feelings. You'll learn to express them in a way that is congruent with taking responsibility. You'll be learning, practicing and getting expert support in using powerful tools in your everyday life with real problems. Two thirds of the course is experiential in nature. In terms of learning and changing your behavior, there is simply no comparison between reading books and taking an experiential course.

## Here's What We'll Be Covering In The Course

The content of the course is dynamic. You'll learn:

- typical ways we all respond to partners that blocks compassion so you can notice 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 your partner exactly what was upsetting you without making judgments.
- to differentiate between feelings, thoughts and interpretations and build your feeling vocabulary so you can connect with what you are feeling.
- to look deeper and explore your own needs that drive feelings and behaviors so you can express them and have a greater chance of getting them met.
- to make requests of your partner that are connecting and compassionate.
- to give empathy (as previously defined) to your partner and learn to hear the real messages under the judgments and evaluations.
- to deal compassionately with anger: both express your anger compassionately and to hear the needs under your partner'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.

## We Designed The Course To Have The Greatest Experiential Impact

People serious about wanting to change the quality of their relationship will appreciate the emphasis this Course places on gaining proficiency through experience. We're not offering a magic bullet, just a well designed course to help you learn the language of compassion and connection. From a training perspective, the greatest impact is realized when experiential modes of learning are deployed. So in that light, here is how the course is designed:

- A group will come together over a 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.
- Group members will partner with other class members to practice 1 hours a week.
- Three 30 minute private coaching sessions will be scheduled to answer questions and to address your concerns that might be of a private nature. This allows the course to even further fit your own unique challenges.

## **You'll Be Guide By Experienced Coaches Though The Whole Process**

I want to share some information about myself and the co-facilitator for the course and hope that this will give you the confidence and trust you need in our coaching abilities. My name is Jerry Donoghue. I owned a training company for 16 years and wrote and developed many national training programs. Two of these programs were million dollar sellers and one was a 2 million dollar seller. I've had over 110,000 people participate in the programs I developed which made a meaningful difference in their lives. I bring this experience and knowledge in designing and implementing the *Compassionate Communication Course*.

## **This Course Is Highly Personalized To Meet Your Specific Needs and Concerns**

Success in this Course will be defined by each of the participants goals and where they are at when they start. You might want to find a way to resolve a common conflict in your relationship and want to use the course for that. Or perhaps you don't have a lot of conflict in your relationship but want to experience deeper levels of intimacy and love. You can use the course for that. If you're single, perhaps you want to improve your communication skills and take these skills into the next relationship. This course doesn't require that you currently be in a relationship.

Even though you will be working in a group, what you learn and the specific application of skills will be highly personalized to fit to your particular needs and situation. You can bring to the group sessions your particular challenges and work through them with the model. Also, the coaching sessions give you an opportunity to work on any aspects of your relationship you want to keep private.

## **This Compassionate Communication Course is Not A Therapy Group!**

We would like to be clear that we will not be practicing therapy in this group. Typically therapy explores the "why" in relationship patterns and delves into the past to understand and change present behavior or patterns. Our group does not venture into the defining patterns of behavior and pinpointing why, we train people to connect with themselves and others and communicate effectively.

However, this model works well in conjunction with couples therapy, and psychologists appreciate their clients taking the time to gain literacy in identifying and communicating feelings and needs. It makes their work so much more powerful, and is a tremendous compliment to therapy.

## **This Course Does Not Give Relationship Advice or Tell You What Strategies To Use!**

Most of the relationship advice and counsel available out there falls into the category of telling you what and what not to do in terms of meeting challenges in relationships. Friends, family members, and newspaper advice columns all have specific ideas about how you should act and be to solve relationship problems. Often, they put pressure on you to conform to their values.

We're not going to instruct you how to resolve problems in terms of strategies or put pressure on you to conform to our values. We won't tell you how much money you need to have in the bank to feel secure to solve money problems, that varies from person to person. Nor will we tell you how often you need to connect with your partner in an intimate way in any given week, that's your business.

We'll simply help you gain clarity and connect with the needs and wants you have around money or intimacy and then help you learn to communicate those in a way that makes it more likely those will be heard by your partner. You will also learn to connect with your partner's feelings and needs as well.

## **You Might Be Asking, "Why Should I Take This Course, He/She Won't Listen Anyway?"**

My answer is that you can't really determine if he/she will listen or not until and unless you do the course and realize the benefits. You might be surprised how much changing the way you communicate has a favorable effect on your partner's communication.

There was a time in my life (before I practiced Compassionate Communication) when I really wanted my partner to talk and communicate. My partner did not want to communicate and would often retreat and withdraw when I tried. I then realized how my communication style was contributing to these reactions. I became aware of how I wanted my partner to communicate so I could pin her down and tell her how wrong she was and generally try to get my partner to accept my blaming energy.

The point in bringing up this personal example is to let you know that this course is for YOU and it doesn't require your partner to take it or participate with you for the benefits to be realized. It would be nice if your partner took it with you and practiced it, but it is not necessary. And I want you to know that your communication can improve significantly with your partner by YOU making the changes in YOUR own communication practices.

## **The Cost of The Course**

The cost of the course is only \$275. Your tuition fee includes:

- 8 two hour group sessions.
- 3 private half hour coaching sessions with a professional coach.
- Plus the workbook materials.

You'll learn a highly effective model of communication that will help you solve many of your communication problems that come up, not just now, but for an entire lifetime. That's a small investment to pay for peaceful relationships that begin to explore deeper and deeper levels of intimacy and love. Afterall, that's what it is all about, right?

## **If You Are Still Unsure....**

If you would like to get a feel for the what compassionate communication is all about or would like to speak with me to see if you want to work with him, please call me at 828-252-0538 or email me at [jerry@ashevilleccc.com](mailto:jerry@ashevilleccc.com) to set up an appointment to talk. We want you to feel comfortable about your participation.

This will give us an opportunity to see if we can work together in this course. We're looking for motivated people who will do the work outlined in the course and contribute to the group. We want

people who want to solve their relationship challenges and have the patience, perseverance and courage to learn how to communicate authentically.

We are limiting the group to only participants. It will be on first come first serve basis. Don't put it off, reserve your spot now online: [www.ashevilleccc.com/registration.html](http://www.ashevilleccc.com/registration.html), or fill in the attached form below.

Warmly,

A handwritten signature in black ink, appearing to read "Jerry". The signature is fluid and cursive, with a large initial "J" and a long, sweeping tail.

# Asheville Compassionate Communication Center

## Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Day \_\_\_\_\_  
Evening \_\_\_\_\_  
Cell \_\_\_\_\_  
Email \_\_\_\_\_  
Course Date Desired \_\_\_\_\_

Have you discussed your participation with your therapist (health professional)?  Yes  No  N/A  
(We request you discuss participation with health profession if under care, see Terms of Service)

### Intention of Payment/Cancellation Policy

I am submitting \$275 with my registration form. The cancellation policy is full refund less any processing charges (paypal fees if applicable), if cancellation is received before the start of the course.

### Form of payment

- Check or money order (please make the check out to Jerry Donoghue.)**. Please return this form with your payment to: Jerry Donoghue 150 E. Chestnut St. #1, Asheville, NC 28801
- Credit Card payment online via PayPal: [www.ashevilleccc.com/paypal.html](http://www.ashevilleccc.com/paypal.html)**

## TERMS OF SERVICE

### Clarification of services

Asheville Compassionate Communication Center (ACCC) offers services in education and training. The teachings, instruction, advice, training, recommendations, counsel and referrals provided through written material, in individual coaching, through the 8 week course sessions and phone communications, are not a cure or remedy for physical or psychological problems. Information, education, instruction and coaching provided

or any relationships that currently exist between clients and their physicians, psychiatrists, or therapists. They are not an alternative to professional medical treatment. ACCC offers no clinical diagnosis of, or medical treatment for, any physical illnesses, mental disorder, or emotional dysfunctionality that an individual may have. Where the practice of Compassionate Communication is suggested in relation to well-being, it is done solely as education, coaching, mentoring and teaching.

### Precautions and permissions

If you are under any prescribed medications or have any serious medical or mental problem—such as bipolar, anxiety, or personality disorders, heart disease, hypertension, chemical dependency, chronic pain, terminal illness, or any recent surgical procedures—please consult your treating physician, psychiatrist, counselor, or psychotherapist before applying for the course or scheduling a individual session.

If you are at all suicidal or at risk of hurting someone, we would like you to be in therapy with a local therapist who can assess you more completely than ever possible via the telephone, and who has the ability to intervene appropriately to protect you or others.

If you are applying for admission into the 8 week course and are presently under regular treatment of therapy (seeing your health professional at least once a month) we would like you to discuss your participation in the course with your primary therapist. We will ask if you have done this during the registration process.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_