

ENGAGING STRONGER RELATIONSHIPS

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CHRISTIAN FAMILY INSTITUTE

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*“EVERYONE ENCOUNTERS PROBLEMS,
BUT HEALTHY PEOPLE SEEK SOLUTIONS”*

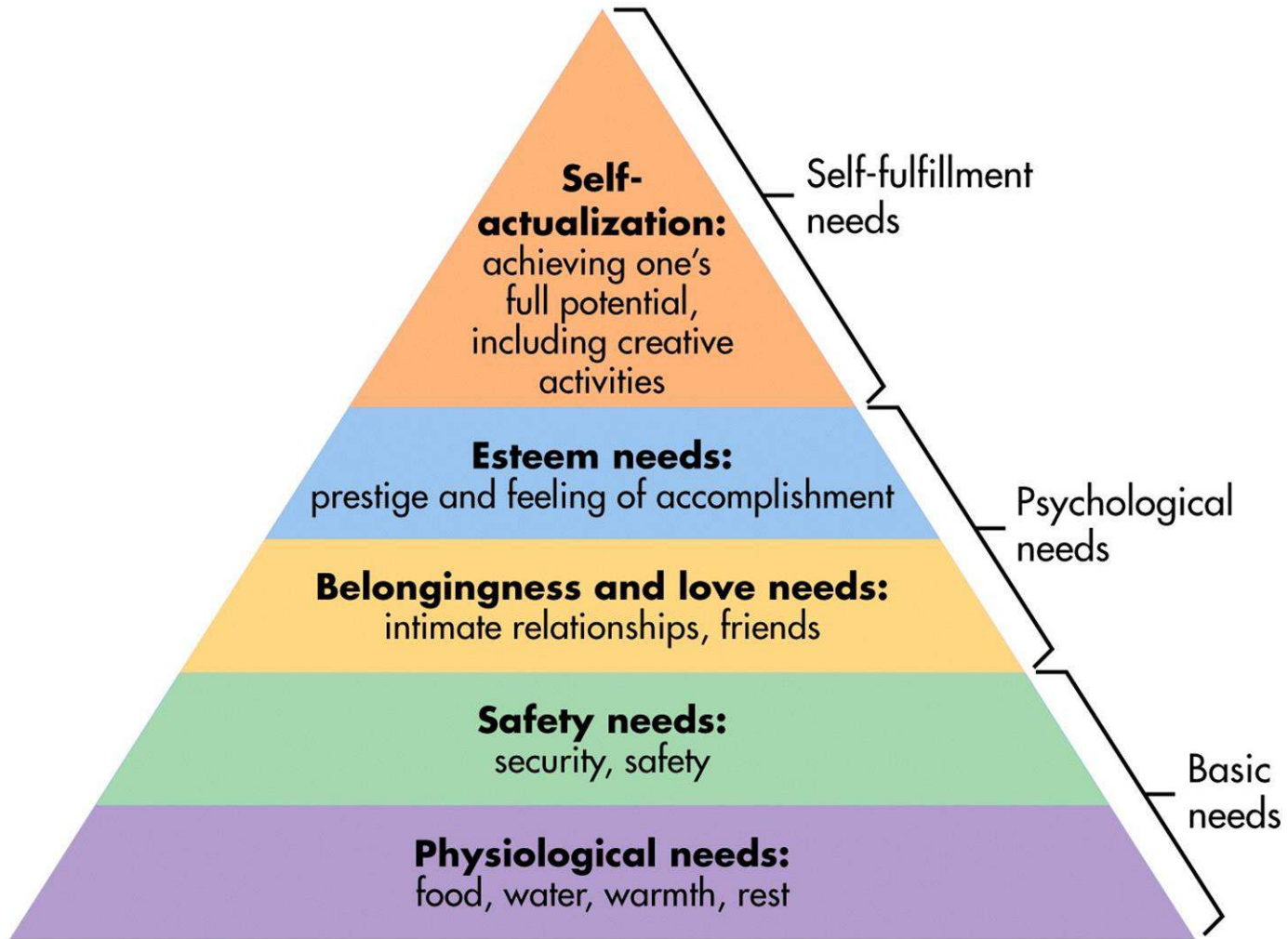
WWW.CHRISTIANFAMILYINSTITUTE.COM

ABOUT CHRISTIAN FAMILY INSTITUTE

- 41 years in business
- 10 professionals on staff
- Location: 71st & Yale area
- Services provided include:
 - Therapy for Individuals, Couples, Families for all ages
 - Psychiatric services
 - Evaluations and Assessments
 - Crisis Debriefing
 - Support for church leadership
 - Seminars and Workshops

IMPORTANCE OF RELATIONSHIPS

- As humans one of our deepest needs is to belong, to be in relationship, to be connected to other individuals
- Studies have shown that human touch is vital to life
- Loneliness has far-reaching and damaging effects on our mental health, emotional health, spiritual health and even physical health
- Therapy is a healing process, due in part to the development of a healthy relationship between therapist and client
- Maslow's hierarchy of needs



MASLOW'S HIERARCHY OF NEEDS

RELATIONSHIPS: SEPTEMBER 18

All healthy relationships have several common characteristics. This session will enable you to take inventory of the qualities of your relationships, and will offer direction for improving relationships.

Presented by:

Dr. Dale Doty

**Licensed Marital and Family Therapist
Licensed Clinical Social Worker
Ph.D. in Family Therapy
Founder and Director of CFI**

Dr. William Berman

**Licensed Psychologist
Licensed Marital and Family Therapist
Ph.D. in School Psychology
Director of CFI**

FRIENDSHIP: SEPTEMBER 25

Friendship creates a sense of happiness and connection in relationships. Healthy friendship skills provide benefits that flow through all aspects of how we relate with others. This session will focus on ways to enhance that sense of friendship in your relationships.

Presented by:

Eric Clements

Licensed Professional Counselor

Licensed Marital and Family Therapist

COMMUNICATION: OCTOBER 2

Healthy communication skills and problem solving skills are vital to every type of relationship. This session will provide you with a dynamic opportunity to improve your ability to interact with others in effective ways.

Presented by:

**Dr. Amanda Harrington Ph.D. in Marriage and Family Therapy
Licensed Marital and Family Therapist**

Salley Sutmiller

Licensed Marital and Family Therapist

FORGIVENESS: OCTOBER 9

All relationships run the risk of experiencing hurt or offense. When we are hurt or offended, we must choose: will we forgive or not? Un-forgiveness is like poison to a relationship and is highly damaging to our personal well-being. We will challenge some of the common myths about forgiveness and provide you with practical steps for working through forgiveness.

Presented by:

Chris Giles

Licensed Marital and Family Therapist

BOUNDARIES: OCTOBER 23

Boundaries are guidelines, rules or limits that you create to identify what are reasonable, safe and permissible ways for other people to behave and how you will respond when someone steps outside those limits. We will explore characteristics of healthy boundaries and provide practical ways to implement boundaries in your own life.

Presented by:

Dr. Joe James

PsyD. Doctorate of Clinical Psychology

Licensed Professional Counselor

Krista Caveny

Licensed Professional Counselor

TECHNOLOGY & RELATIONSHIPS: OCTOBER 30

During this session, we will explore ways to maintain healthy relationships in a growing technological world. We will discuss how to protect and thrive in your friendships, romantic relationships, and parent-child relationships. We will also discuss issues related to privacy and provide suggestions for use of social media.

Presented by:

Bowden McElroy

Licensed Professional Counselor

MS of Education in Counseling Psychology

Dr. Tim Doty

Licensed Psychologist

MA in Forensic Clinical Psychology

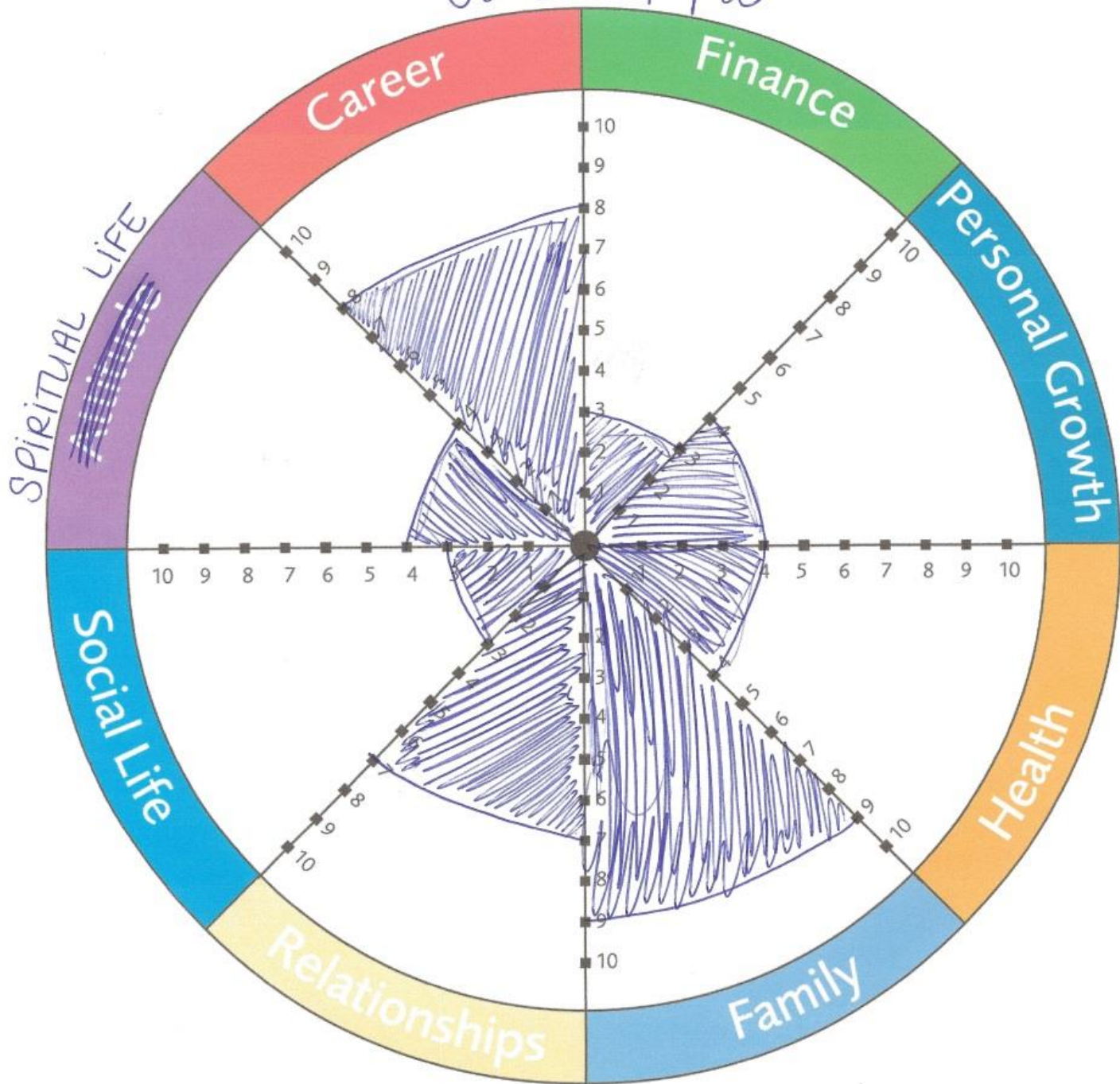
Q & A

- What questions would you like answered throughout the course of this series?
- What topics would you like us to address?
- What particular relationship skills would you like to learn or improve?

LIFE BALANCE WHEEL

- Thrive:
 - To grow vigorously
 - To flourish
 - To progress toward or realize a goal despite or because of circumstances
- Life Wheel Activity
 - Please change the category “Attitude” to “Spiritual Life”
 - Rate how much time and purposeful attention you devote to each area of your life
 - 0 – time spent 10 – most time spent
 - Color each section in to see where balance may need to be restored

Jen's example



REFERENCES CITED:

- Boundaries: When to say yes how to say no to take control of your life. By : Dr. Henry Cloud & Dr. John Townsend
- The Primacy of Touch by Dr. Ben Benjamin
<http://www.benbenjamin.net/pdfs/Issue2.pdf>
- The Dangers of Loneliness by Hara Estroff Marano
<http://www.psychologytoday.com/articles/200308/the-dangers-loneliness>