

# Institute of Advanced Studies Newsletter

Volume 2 Issue 1

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## Institute of Advanced Studies

*... Changing the World One Life at a Time with Affordable, Quality Counseling!*

### Cracking the Interplanetary Communication Code

"I did NOT say that." "Yes, you did!" "That may be what you heard, but it isn't what I meant to say!" "Never mind, I give up!" And, so goes a typical couples counseling session. Why? Because they are not speaking the same language. Often, they have been monolingual for so long that she is convinced he can never learn to speak Venetian, and he is certain she will never understand the Martian dialect.

Communication breakdown is by far the #1 issue that brings couples into counseling. Men and women really do speak different languages. If they can develop a working knowledge of one another's native tongue they are likely to be heard and understood, and thus find communication, and yes, the relationship possible. IAS' trained counselors can help with interplanetary communication breakdown by first helping a couple understand the 3 essential differences between the

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**Mission Statement: Provide quality, affordable mental health services to anyone seeking help & to train and educate the mental health practitioners who provide those services.**

### **Ten Road-Blocks to Communication**

**Want to improve communication with your partner, child, parent, boss, family member or co-worker? Here's how to avoid 10 communication road traps.**

- 1 Judging, criticizing and attacking. Accept the communicator whether in agreement or not. Everyone has a right to their feelings.**
- 2 Focusing on past mistakes. Instead work on problem-solving for future growth.**
- 3 Defensiveness. Remain open to what truth there might be in what is being said, and leave the rest behind.**
- 4 Using "You" statements. Use "I" statements instead. Try saying: "I feel \_\_\_ when you \_\_\_ because \_\_\_".**
- 5 Blaming and shaming language. "Hitting below the belt" words will KO any conversation.**
- 6 Interrupting and dominating. Let others finish their own sentences, you may learn something interesting**
- 7 Put-downs, name calling, critical comments, labeling.**
- 8 Misinterpretation. Check out whether you understood by asking "Are you saying?"**
- 9 Over-advising. Unless you were asked for advice, avoid the "If I were you, this is what I would do". You're not them, and what's right for you may not be for them.**
- 10 Inactive listening. Watch non-verbal communication. You may be saying, "Could you get to the point ALREADY?" without saying a word. Use eye contact, avoid distractions, and listen for the meaning behind the words.**

## **PARENTING WITH LOVING CONTROL**

Need parenting help? Our Parenting with Loving Control (PLC) Parenting Workshop Program uses the Back-in-Control principles to provide parents necessary tools to get their family back in control. The 4-hour interactive workshop is offered monthly in English and Spanish. A sliding scale fee is available, Call 714/538-6387 and schedule to attend the next workshop!

## Something to Think About

*"Life isn't about waiting for the storm to pass.*

*It's about learning to dance in the rain."-Unknown*

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Venetians and Martians. This normalizes the problem and provides hope.

1) Venetians assume Martians can "read between the lines". They cannot! Martians are linear, literal and direct. Venetians—clearly express your wants and needs. Innuendos and non-verbal messages will not be heard. Not in their vocab!

2) Venetians expect Martians to talk as much as they do. Impossible! Martians use about 5,000 words/day, and Venetians about 35,000. Venetians try using the 'bottom line' Reader's Digest version with Martians and save the expanded text version for sharing with other Venetians where ALL the details will be heard. When a Martian has 'used up" his ADA of words, he often experiences COS ("Communication Overload Syndrome").

3) Venetians want to change Martians! No can do! A Venetian who understands a Martian's basic planetary cultural need for respect and appreciation can thwart bi-directional resentment. Trying to "Venetianify" a Martian is at best frustrating, and at worst destructive to any interplanetary relationship.

## IAS Counseling Sites

IAS is pleased to welcome the addition of two new counseling site locations—Laguna Beach Sleep Center and Trilogy in Newport Beach.

Bellflower	Costa Mesa	Corona
Fullerton	Garden Grove	Laguna Beach
Laguna Hills	Lynwood	Newport Beach
Orange	San Pedro	San Juan Capistrano
Santa Ana	Stanton	Tustin
Villa Park	Victorville	Yucca Valley

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## IAS is Here to Help!

Whether you need help communicating more effectively, or are in need of support in another area, counseling can help! Whether you are experiencing difficulty with the everyday issues of life or are facing the challenges of a life-changing event like grief, loss, marriage, divorce, or career change, we are here to provide help and support.

The IAS Counseling Team includes counselors with special interests and skills in parenting, career development, stress management, relationships, drug and alcohol recovery and more.

English, Spanish, Korean, Vietnamese and American Sign Language speaking counselors are available and all services are available on a low-cost sliding scale fee basis. Call us at 714/538-6387 and schedule an appointment today!



## IAS BOARD OF DIRECTORS

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