



WEEKLY NEWSLETTER



Communication Art

By Jamie Wiles

How do we communicate with one another?

In an always changing world there have become more and more modes of communication. Some may prefer spoken word in person or through the phone. Some may prefer to use text messages loaded with memes, emojis, videos, and gifs. Some communicate to the masses on social media platforms. While others prefer to communicate through handwritten letters. However, we also communicate through music, art, literature, and our physical actions.

Communication is the foundation on which relationships thrive or perish. What is the best way to communicate? This is a difficult question as the best mode of communication may come down to an understanding of the one you are trying to communicate with. However, there are some communication strategies we can employ to help us along the way.

Strategies for being a good sender of communication:

- Choosing the best form of communication to convey your message
- Know your audience and how they may best receive your message
- Being clear with intentions

Strategies for being a good receiver of communication:

- Reduce distractions- putting down the phone, turning off the tv, moving to a more private quieter setting if needed
- Active listening- taking part in conversations so it does not become one sided and make sure the sender understands they are being heard
- Understand the intentions of the sender- Do they just want you to listen? Do they want advice? Do they want you to problem solve?

Communicating about your preferred style of communication is an important conversation to have with those you love that can help your relationships to prosper. I have a few examples from my own life. My grandfather loved nothing more than a handwritten letter through the mail. He was never much for talking on the phone, but of course also loved verbal communication during in person visits. This is also how he showed his love to those around him and how he felt most touched when he received correspondence back. My daughter enjoys talking with my husband and I. In these conversations she will often talk about worries or struggles related to school, sports, or her friends. I noticed she would get upset when I would try to problem solve and since that time I will ask do you just want to get this out in the world or do you want my feedback and advice. Many times she just wants for me to listen and to feel heard. Take times, listen in, and ask questions to find out how to best communicate with others in your life.

References

Sanchez, Nick. Communication Process. Retrieved from <https://web.njit.edu/~lipuma/3...>

University of Delaware(2022). Communication Skills for your Family. Retrieved from <https://www.udel.edu/academics...>

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group

- Teen Social Club
- LGBT Group
- Parenting Teens Support Group
- Intensive Outpatient Group (11-18)

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

SOCIAL SKILLS GROUP

AGE 8-12
WEDNESDAY FROM 6-7PM

LEARN SKILLS RELATED TO:
-MANAGING EMOTIONS SUCH AS ANGER
-UNDERSTANDING EMOTIONS
-LEARN HOW TO INTERACT WITH OTHERS IN HEALTHY WAYS
-MAKE FRIENDS

\$50 PER GROUP
(919) 893 9444
HEIDI@NCPSYCHOLOGIST.COM



DEPRESSION & ANXIETY GROUP (14-16)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET, APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

IN PERSON DEPRESSION & ANXIETY GROUP 11-13

IS YOUR TWEEN EXPERIENCING CHANGES IN THEIR APPETITE
WITHDRAWING FROM FRIENDS AND ACTIVITIES
DECLINES IN GRADES
A CHANGE IN NORMAL BEHAVIOR OR PERSONALITY
INABILITY TO ENJOY LIFE

Research has shown that children who experience depression are at a greater risk of their symptoms increasing in severity and engaging in dangerous behaviors. Our group can help! Your child can learn valuable skills for overcoming their depression and live healthier lives.

Wednesdays @ 5pm
\$200 Deposit
\$50 per session

Email us at info@ncpsychologist.com
Call 919 893 9444
Visit us www.ncpsychologist.com

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

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