Communication: It ain’t just what we say!

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Do you remember the last conversation you had when you walked away shaking your head, wondering how that other person didn't hear a word you said? Have you ever wondered how much of what someone hears is influenced by what they believe? Many people miss the *intra* personal priority in communication. How sizable is the influence of this on your relationships (with clients, friends, family, significant others)? Have you given much thought to what you think? The reason you think what you think? The reason you do what you do? Why you are who you are? Or are you living unconsciously?

Objectives:
1. To examine your own belief system
2. To determine how that belief system might play a role in your interactions with others
3. To decide where those exchanges might be hindered due to unconscious beliefs, values or judgments

Hope for participants to come away with:
1. Realistic expectations of self and others
2. Clear picture of where communication fails
   Roadmap to living in consciousness.

Biography
Paula Heller-Garland, MS, LCDC has diverse professional experience in addiction counseling, speaking and program design. Paula is the President Elect on the State Board of the Texas Association of Addiction Professionals and is currently a lecturer at The University of North Texas, the #1 Rehabilitation Counseling program in the state of Texas.

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