

Are miss-
understandings
frustrating you &
your loved ones?

For couples and individuals experiencing problems communicating or who wish to take their communication to the next level. Learn about gender differences that will help you to know what he/she is *really* saying!"

When those who recently attended a Saturday meeting were asked: "What would you like to say to someone who knows they could benefit from this meeting, but is reluctant to come?" Here is what a few of them said:

- ◆ "Just come and listen. You don't have to share if you are not comfortable. The cost of not coming, doing nothing or trying to do it on your own, will be more than the cost of coming."
- ◆ "It is laid back, all those in attendance are non-judgmental because they are in difficult situations also. It provides a wealth of information to equip you."
- ◆ "Just try it one time. You would be amazed at what you come away with."
- ◆ "Don't be afraid. I believe this class is 'a healing' from God. A healing of the mind and heart."
- ◆ "It is good to know that others are dealing with the same issues and also seeking professional help and guidance."

Get one month of
counseling in one
day & **SAVE 50%!**

There are no "QUICK FIXES," but
this is the next best thing!

Due to the focused and intensive nature of the meeting as well as the expertise of the presenter, attendees usually make great strides forward in their progress.

My experience is that you will make more progress in this three hour meeting than you will make in 1 or more months of weekly counseling.

Martin Miller, M.A., Executive Director
Licensed Marriage and Family Counseling
Licensed Professional Counselor
National Certified Counselor
Professional Life Coach



**Distinctively Christian
Professional Counseling**

Please call the office to register
or for more information

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www.HealingHeartCounseling.Org



COMMUNICATION



What is he/she
really saying?



www.HealingHeartCounseling.Org

Celebrating 11 Years of Excellence

Sharpen your communication skills & improve your relationships!

The Six Messages of Communication

1. What you meant to say
2. What you actually said
3. What your spouse actually hears
4. What your spouse thinks he/she hears
5. What your spouse says about what you said
6. What you think your spouse said about what you said

Can you see how miscommunication can occur?!

4 ASSERTIVE STATEMENTS TO IMPROVE COMMUNICATION

1. I feel _____ (state your feelings, use list if needed)
2. When you _____, (objectively & clearly describe their behavior)
3. I understand that _____ (empathize, walk around in their shoes)
4. I'd like you to _____ (make a clear, specific request for a behavior change)

"The meeting will be a safe, confidential place to simply listen & learn, or ask questions— you don't have to talk!"

Here is what those who just attended the COMMUNICATION MEETING had to say:

- *"Very good material and Bible verses for application."*
- *"A relaxed environment, open to share and learn from others- to see it's not just us, but how common it is with others too."*
- *"You need these tools for daily living."*
- *"Marty's use of humor within the material helps to see the lighter side of communication challenges."*
- *"I thought this was an excellent topic, hand-out and class time."*
- *"It is valuable time spent learning and sharing."*

THIS IS A MULTIMEDIA EVENT!

- 8 video clips illustrating points about communication
- 25 slides with clear, specific steps to better communication
- 19 page hand-out with tips, tools & insights to improve your communication in your marriage, workplace, and with family & friends.

YOU WILL COME AWAY WITH IDEAS AND METHODS TO USE IMMEDIATELY!

\$40 DISCOUNT FOR COUPLES.

TO REGISTER: Don't wait! CALL (318) 222-6800 OR EMAIL martinLPC@bellsouth.net to reserve your seat now! Payments may be made by cash, check or credit card.

TOPICS WILL INCLUDE:

- 7 Steps to healthy communication
- 15 Do's and Don'ts of communication
- Skills, tips & tools for better communication for better relationships
- Understanding BODY LANGUAGE
- Understanding gender differences in communication
- Methods for clarifying communication
- Understand barriers to effective communication
- Assertiveness skills & techniques
- Master the art of listening
- And much more!
- All based on scripture & Christian beliefs

