

# COURSE DESCRIPTION

<b>COURSE TITLE:</b>	<i>THE SECRET TO MEANINGFUL RELATIONSHIPS</i>
<b>SUBJECT/CONTENT/SKILLS:</b>	COUNSELING SKILLS/DEALING WITH RESISTANT CLIENTS/EVIDENCE-BASED TREATMENT MODALITIES
<b>OHIO CONTENT AREAS:</b>	PREVENTION P2 CHEMICAL DEPENDENCY C5
<b>COURSE FORMAT:</b>	ONLINE COURSE; DIGITAL WORKBOOK/ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
<b>INTENDED AUDIENCE:</b>	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, ETC.) AND SETTINGS (CLINICS, SHELTERS, JAILS, ETC.).
<b>CE HOURS:</b>	10
<b>COST INITIAL/RENEWAL:</b>	\$80/\$40
<b>NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)</b>	88
<b>NUMBER OF POST-TEST QUESTIONS:</b>	30

**NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR:**

Kelly Sinclair-McClintock, MA, LICDC-CS, MCAP

Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and (oddly enough) has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! (So true).

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

**EDUCATION/ACHIEVEMENTS:**

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor (Ohio)
- Certified Masters Addictions Professional (Florida)
- Find Your Strong Campaign [findyourstrong.info](http://findyourstrong.info)
- Graduate Leadership Stark County, 18<sup>th</sup> Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

**COURSE DESCRIPTION:**

Most clients lack healthy relationships. Let's face it; many professionals also struggle in the relationship department.

The fact is, relationships are tough! Dr. William Glasser famously contended that most human problems stem from unhappy relationships. Today, the

vast majority of clinicians continue to acknowledge that relationship issues are a central concern for most of their clients. Additionally, the correlation between healthy relationships and client success in treatment (and prevention) programs is indisputable. Therefore, it is imperative that clients are provided the tools to create healthy bonds, form fulfilling relationships, and heal broken unions.

This course will help unravel the complex nature of relationships and will provide 20 guidelines designed to assist clients in establishing functional relationships. These guidelines are a valuable prevention or intervention tool that can be used for one on one conversation, a didactic presentation, or role playing exercises.

This course is appropriate for practitioners of all levels, including prevention. Course content applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

**GOAL:**

Participants will learn techniques to assist clients in creating healthy interpersonal relationships.

**OBJECTIVES:**

1. Participants will be able to recognize, understand, and define the ways that people/clients communicate.
2. Participants will be able to recognize, understand, and describe barriers to effective communication.
3. Participants will be able to recognize, understand, and describe the role of human feelings in relationships and the communication process.

4. Participants will be able to recognize, understand, describe, and define introvert vs. extrovert and the significance to relationships.
5. Participants will be able to recognize, understand, and describe the 20 Guidelines for Meaningful & Healthy Relationships (that should be shared with clients).
6. Participants will be able to recognize, understand, and describe the benefits of meaningful relationships.
7. Participants will be able to recognize, understand, and describe how to assist clients in forming truly open and meaningful relationships.

## **COURSE OUTLINE**

- I. Introduction Materials (Tech Support, How it works, About the Author, Welcome, Disclaimers)
- II. Pre-Test
- III. A Note about Overlap & Tone
- IV. Relationships are Easy-Right?
- V. What is a Healthy Relationship?
- VI. Risks of Healthy Relationships
- VII. Benefits of Healthy Relationships
  - a. Stress Reduction
  - b. Happiness
  - c. Health & Longevity
- VIII. Types of Relationships
  - a. Family
  - b. Friends
  - c. Romantic
  - d. Acquaintances
- IX. The C-word
  - a. Everyone/Everywhere

- b. Communication is so Important
- c. Communication Questions (Lots & Lots of Questions)
- d. Leave Fear Behind
- e. Communication Basics (Caveman Principle)
- f. Why are Communication Skills & Relationships So Difficult???
  - i. Relationships Involve Two or More Diverse People
  - ii. Humans Have Feelings (& Baggage)
  - iii. Miscommunications
  - iv. Introverts & Extroverts
- X. Communication is Difficult
- XI. Why Should Relationships be Important to Professionals  
(Counseling & Prevention)
  - a. The Therapeutic Alliance.
  - b. Client Unhappiness is Rooted in Relationships
  - c. The Key to Prevention and Successful Intervention
- XII. Guidelines for Meaningful (Healthy) Relationships
  - a. Choose Your Inner Circle Wisely
    - i. Common Ground
    - ii. Soulful Tugs
    - iii. One Size Doesn't Fit All
  - b. Turn Towards Your Relationships
  - c. Relationships are Sacred
    - i. Private
    - ii. Mutual Priority (time, energy, trust)
    - iii. Sacred Time
    - iv. Guard & Protect
  - d. Gossip
  - e. Rid Baggage with Mindfulness
  - f. Be Transparent

- i. Honesty
    - ii. Be You
    - iii. Just Start Communicating
    - iv. Truly Open Relationships
  - g. Listen & Hear
  - h. Positives First
  - i. Use "I" Statements
  - j. Get "It" (AKA Accountability)
  - k. Timing
  - l. Mind-reading
  - m. Sidetracking & Rehashing
  - n. Always Come from a Place of Love
  - o. Awfulizing & Generalizing
  - p. Productive Time-outs
  - q. The Silent Treatment
  - r. Boundaries, Deal Breakers & Lancing the Boil
  - s. Make the Next Right Decision
  - t. Reduce Stress, Mind Less, & Forgive
- XIII. Why Don't We Have Perfect Relationships?
- a. Laziness/Habit
  - b. People Do What Works ... Even When It's Destructive
    - i. Example #1 The Silent Treatment
    - ii. Example #2 The Suicide Attempt
  - c. People Like to Feel in Control
  - d. Not All Relationships are Fulfilling
- XIV. That's A Wrap
- XV. References/Bibliography
- XVI. Post-Test
- XVII. Course Evaluation/Survey