

Southdown Community Wellness Services

Interactive Webinar Series

Healthy Relating: Strategies for Effective Communication

Description: Relationships are at the core of our personal and professional lives; however, our relationships can only be as healthy as we are. Many of us struggle to communicate effectively and manage conflict directly—often damaging our own well-being, as well as the health and stability of these interpersonal connections. Developing skills to communicate in an open and assertive manner can improve our relationships and support effective conflict resolution.

In this four-week webinar series, you will be encouraged to identify your existing communication style—including strengths and relative weaknesses—in addition to learning principles for effective communication and practical skills for resolving conflict.

Date: Fridays: January 8, 15, 22, and 29, 2021
3:00 pm – 4:00 pm Eastern Time (ET)

Participant Limit: 100

Fee: \$100.00

Duration: Four Weeks

Delivery Platform: Zoom

Presenter: Carol Cavaliere, MA
Clinical Team Member

Participants will:

- build awareness of their own patterns of communication and conflict
- learn to think about conflict in a different way
- be introduced to alternative strategies for more effective communication

Registration is Closed for this Webinar Series

About the Presenter:



Carol Cavaliere, MA is a doctoral candidate in Clinical Psychology. She provides psychotherapy and assessment services to adults with various mental health concerns, including mood and emotion regulation difficulties, and issues related to psychosexual development, intimacy, and interpersonal relationships. Carol has been trained in forensic assessment and treatment, and utilizes evidence-based approaches to psychotherapy, including Cognitive Behavioral Therapy and Emotion-Focused Therapy. She views therapy as a collaborative process, taking an empathetic, non-judgmental approach in her work with the intent of creating a safe environment within which her clients may feel free to discuss their concerns.

