

<p>A One Day Seminar</p> <p>RELATIONSHIP COACHING</p> <p>(6 Continuing Education Units)</p> <p>With</p> <p>Dr. James R. Baugh</p>	<p>Saturday, February 28, 2004 9:00am to 5:00pm (Registration is at 8:30am)</p> <p>Alaska Pacific University campus Carr Gottstein Building, Room 102</p> <p>Sponsored by: Alaska Psychological Association Alaska Pacific University</p>
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Workshop Summary

A healthy relationship is one of our major life satisfiers. The ability to accomplish ongoing and satisfying relationship requires the very highest level of skill development. A successful relationship today might become disorganized and competitive in the future. Those of us who have owned a home have learned that there is a continual need for repair. The same is true of relationship, and with the added baggage that relationships are our most emotionally charge experiences.

The workshop will begin by identifying ingredients that enhance or detract from our more intimate relationship. The focus broadens to more general relationship skills. The participants will learn about five motives that direct our relationships. These motives are feeling driven, usually unconscious and profoundly affect our associations.

- To get what we want
- To be safe in our relationships
- To minimize our responsibility for relationship problems and blame others
- To accept responsibility
- To give in or give up

Workshop Objectives

- Understand marital bonding and compatibility
- Recognize and cope with behaviors meant to avoid responsibility
- Develop skills in self care that prepare us to establish health relationships
- Make decisions and solve interpersonal problems
- Understand "Life Satisfiers"
- Develop a clear identity
- Develop skill sin self-discipline
- Understand the process of changing habits that interfere with our relationships
- Understand relationship boundary issues
- Manage conflict in marriage and other relationships
- Build trust and respect
- Develop skills in getting other to cooperate with us
- Cope with powerlessness, disappointment, and loss
- Be certified to use the *Baugh Relationship Index*

Who should attend?

- Psychologists
- Social Workers
- Licensed Professional Counselors
- Marriage and Family Therapists
- Psychotherapists
- Psychiatric Nurses
- Psychiatrists
- Pastoral Counselors
- Business Consultants
- All other mental health professionals interested in coaching relationship skills

Workshop Outline

Morning (9:00am-12:00pm)

- Marital Compatibility
 - Assessing Our Relationship Style
 - Marital Bonding
 - Managing Compatibility Strengths and Weaknesses
- Interpersonal Motives that Influence Our Relationships
 - Motivated to Minimize My Responsibility for Marital Problems and to Maximize My Partner's Responsibility
 - Stopping the Blame
 - Motivated to Take Personal Responsibility for Myself and to Heal Relationship Problems
 - Taking Care of Ourselves
 - Making Decisions and Solving Problems

Afternoon (1:00pm-5:00pm)

- Motivated Out of Self-interest: To Get What We Want, Have Fun, and Enjoy Life
 - Establishing a Clear Identity
 - Self-discipline
 - Changing Unhealthy Habits
 - Getting Cooperation in Meeting My Needs
- Motivated to Establish Safe Relationships: To Avoid Conflict at All Costs
 - Unrealistic Expectations
 - Interpersonal Boundaries
 - Coping with Conflict
 - Building Trust and Respect
- Motivated to Give In or Give Up
 - Understanding Powerlessness
 - Coping with Loss and Disappointment by Grieving and Forgiving
- Discussion

About the Speaker

Dr. Baugh is a graduate of Louisiana State University and completed his residency in Clinical Psychology at the University of Mississippi Medical Center. He is currently in private practice in Jackson, Mississippi. He teaches at Millsaps Else School of Management.

He has published three books as well as a textbook for his Millsaps course in conflict management: *Solution Training: Overcoming Blocks in Problem Solving*, *How to Lose the Farm and Cope with It*, and *Recovering From Addictions: Guided Steps Through the Healing Process*. He has developed and published the *Baugh Relationship Index*, a test of relationship compatibility that includes social and work versions.

Dr. Baugh conducts workshops and seminars for professionals and business organizations.

Continuing Education Units

RELATIONSHIP COACHING is sponsored by the Alaska Psychological Association (AK-PA). AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

Six (6) continuing education credits will be awarded to participants who attend the entire full-day presentation as offered. Partial credit cannot be given.

Cancellation Policy

Cancellation requests, **IN WRITING**, must be postmarked seven (7) days prior to the start of this event in order to receive a refund. All cancellations are subject to a \$25 processing fee. Authorized refunds will be mailed following the completion of the seminar. AK-PA regrets that no refunds can be issued for ANY reason after the deadline

Fees and Registration Form

Please print out this form, fill it in, and mail in with your payment to:

**AK-PA
P.O. Box 241292
Anchorage, AK 99524-1292**

Fees:

AK-PA Members	\$100
Non-AKPA Members	\$120
Students (<u>No CE credit</u>)	\$20

Registration Information:

Name: _____

Mailing Address (including city, state, and zip code): _____

Contact Phone & Email: _____

AK-PA Member Y N

Student Y N

Total Fees: _____

Payment:

Check (made out to AK-PA)

Visa Mastercard

Number: _____

Expiration Date: _____

Signature: _____