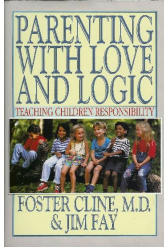


Parenting with Love and Logic

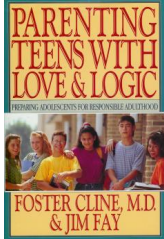


“Parenting with Love and Logic” (www.loveandlogic.org) is an internationally acclaimed parenting program developed by Foster Cline, MD a child and adult psychiatrist and Jim Fay a school administrator with over 30 years of experience with children in the school setting.

Content of the course presents practical tools for teaching children responsibility that prepares them for life, instills in them self-confidence and esteem from knowing they are loved while preserving “parental sanity”. Parents will learn about keeping their C.O.O.L., the four steps to responsibility, fight words vs. thinking words, strategic training sessions, and distinguishing between child-owned and parent-owned problems.



Parenting Teens with Love and Logic

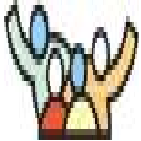


“Parenting Teens with Love and Logic” (www.loveandlogic.org) is an internationally acclaimed parenting program developed by Foster Cline, MD a child and adult psychiatrist and Jim Fay a school administrator with over 30 years of experience working with children in the school setting.

Content of the course presents practical tools for teaching adolescents responsibility that prepares them for life, instills in them self-confidence and esteem from knowing they are loved while preserving “parental sanity”. Also included in the course will be new information from research of the last 10 years in the field of neuroscience giving new insights into the changes occurring in adolescence never before understood prior to the application of brain scanning technology.



The Heart of Parenting



This class covers the essential elements of effective parenting based on the research of John Gottman, PhD (“The Heart of Parenting”, 1997) and writings of Haim Ginott, PhD (“Between Parent & Child”,

“Between Parent & Teenager”). Parents often are concerned with strategies of discipline. Yet the word

“discipline” comes from the same root word as “disciple”. A disciple is one who follows the way outlined by a great teacher whom they love and who loves them (ex: Jesus and his disciples). The heart of parenting and the rightful foundation for effective discipline is centered in the emotional connections established and maintained between parents and their children. Theme areas:

- What’s been happening to our kids?
- Emotional intelligence
- Four styles of parenting
- Coaching our kids?
- 5 steps for really connecting with your child
- The parental relationship
- The critical nature of the relationship between spouses and ex-spouses
- The role of fathers; the role of mothers.



Personality Type: Myers-Briggs Type Indicator (MBTI).



This class focuses on the understanding to be gained through the “lens” of personality type and in particular the Myers-Briggs Type Indicator. Type understanding has broad implications for understanding in terms of:

- Interpersonal & Couple communication
- Conflict resolution
- Managing stress, change and transition
- Discerning one’s gift / vocation.
- Understanding organizational dynamics
- Team building
- Spirituality, practicing spiritual disciplines
- Decision making & problem solving



Coping with Change & Transition



This class addresses the reality of living in a world of accelerated and often shattering change. Whether experienced directly, or indirectly, experiencing loss of employment, difficulty keeping up with changing technology, increased awareness of mortality brought by aging and declining health, stress experienced in intimate relationship of the family or the pervasive sense of

insecurity felt by a post 9-11 world this class intends to help participants to better understand the impact that transition and change brings to our relationships, our emotions and our spiritual lives. More importantly, this class looks at ways to constructively engage the change, that can’t be avoided, and exploring how such engagement can lead one on a path toward greater wholeness and healing.

This interactive class draws from the extensive writings of William Bridges & Parker Palmer, biblical study, Hollywood film (Wizard of Oz & 10 Commandments), looking at how personality type (MBTI) influences one’s ability to cope with transition, as well as the life experiences of class participants to better understand the impact transition and change brings and the opportunities inherent for those open to what they have to teach.



Building A Strong House of Marriage

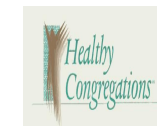


This class or retreat addresses the key elements necessary for creating a viable and long term relationship. Drawing from the extensive research of John Gottman, PhD of the University of Washington this class will present couples with tools for enriching their relationship such as:

- Creating love maps
- Enhancing their emotional bank accounts
- Love & admiration system
- Managing conflict & their “sentiment override”
- Distinguishing Solvable from Perpetual Problems
- Making dreams & aspirations come true
- Creating shared meaning



Healthy Congregations



This program originates from the work of Dr. Peter Steinke, Lutheran pastor, counselor and congregational consultant in helping congregations become healthier

in their life and mission together. The material has been adapted from the work of Murray Bowen, MD, psychiatrist, and significant contributor to the understanding human systems. Educational offerings can be tailor made for each

congregation and draws from the following modules available:

- Creating Healthy Congregations (thinking systems; differentiation: separateness & closeness)
- Healthy Congregations Respond to Anxiety and Change. (Effects of chronic anxiety on self, congregation, leadership; 10 principles of health & illness; Body of Christ; Faith acting in love; Maturity)
- Leadership in Healthy Congregations (7 habits of health-promoting leaders; challenging people; providing “immune capacities”.)
- Relationships in Healthy Congregations (Forgiving; Truth-telling; Connecting; Healthy Helping; The Difficult Business of Helping.)



~Rebuilding When Your Relationship Ends~

The Rebuilding Seminar is up to a ten-week (30 contact hour) educational program designed to help people adjust to the ending of a love relationship. It is not a therapy group and therefore is much less structured and has different objectives and goals. The seminar meets for three hours, one night a week for ten weeks, a total of thirty contact hours and is designed to help participants to make the crisis brought about by the ending of a love relationship into a creative experience. A crisis usually includes emotional and psychological pain. If this pain can be embraced and used as motivation to grow and adjust, it can also help one learn to take charge of their life. Most graduates of this seminar are better able to recover from the ending of their love relationship, and they are also more capable of building and creating lasting and healthy relationships in the future. In order to receive the maximum benefit from this seminar, participants are encouraged to attend as many of the ten sessions as possible, and to complete as much of the homework as possible.

Educational Formats:

A variety of formats may be considered for these offerings according to the needs and interests of the group arranging for the event. Common arrangements include:

- Sunday morning classes
- Weekday evening classes
- Weekend retreats (daylong, 1 or 2 nights, located on site or at an off site facilities).

Fees:

Fees for educational programs are determined based on the following guidelines that make them available for congregations and community groups at all levels of financial ability and circumstance, b.) that represents for each group a degree of commitment/priority needed towards the growth of persons they serve, and c.) that reflects the value of the services being received. Fees are negotiated individually with each group and the instructor.

To begin to meet the time and effort of class preparation we also suggest the following:

\$100 per contact hour

\$500 per day

Again, consideration is given to the financial needs/limitations of particular groups and institutions, therefore final fee determination is ultimately negotiable.

About Paul A. Anderson, M.C., LMFT, LMHC, AiM



Paul, received his master's degree from Seattle University (1981) and began his clinical practice with LCN in 1981. He is a Clinical Member of the American Association for Marriage and Family Therapy a Certified Clinical Mental Health Counselor through the National Board of Certified Counselors, and certified as an Associate in Ministry (AiM) within the Evangelical Lutheran Church of America (E.L.C.A.). In addition to experience as a therapist he's also had experience as a behavioral health managed care case manager, county designated mental health professional and manager of Virginia Mason's Psychiatry Department.

He's an active member of First Evangelical Lutheran Church of Bothell is married and the father of 3 children.

Paul's areas of interest are working with families & couples; individuals in the midst of personal & career transitions; individuals adjusting to chronic health conditions; and issues uniquely common to men.

He has office hours on the Eastside (Issaquah, Sammamish and Bellevue) and can be reached at 425/455-2960.

*Every beginning is a
merging of holding on
and letting go ...*

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