

ROUTES

To Relationships

Therapy and skills to get where you want to be.

Custom Family Workshop Series- Sample Itinerary

Workshop #2

Arrival and orientation	Greet your clinician and supporting staff.
Check-In	Review the hopes and intentions set in the session prior and how home life and relationships have been since Workshop #1.
Assertive communication	Discuss what assertive communication is, why we avoid it, and what it takes to start using it.
Snack and break	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Communication tools	Introduction to structured tools to begin practicing assertive communication. Learn how to express emotions, feelings, and beliefs. Learn about active listening.
Lunch	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Conflict cycles	Take a look at your conflict cycles. Start to pull them apart and learn how to interrupt them.
Closing exercise	Review learnings and takeaways from the day. Set hopes and intentions for homelife that will be built upon in your next workshop.