

Skills Group (Interpersonal Effectiveness): *Week 2*



CFPCN Extended Health Team

Agenda

Homework Review

Relationship Effectiveness: “GIVE”

Validation

Self-Respect Effectiveness: “FAST”



Mindfulness Practice



Homework Review

Objectives Effectiveness

- Practice using DEARMAN on an everyday situation and reflect on how it went



Relationship Effectiveness: Keeping the Relationship

(be) **G**entle

(act) **I**nterested

Validate

(use an) **E**asy manner

Interpersonal Effectiveness Handout 6

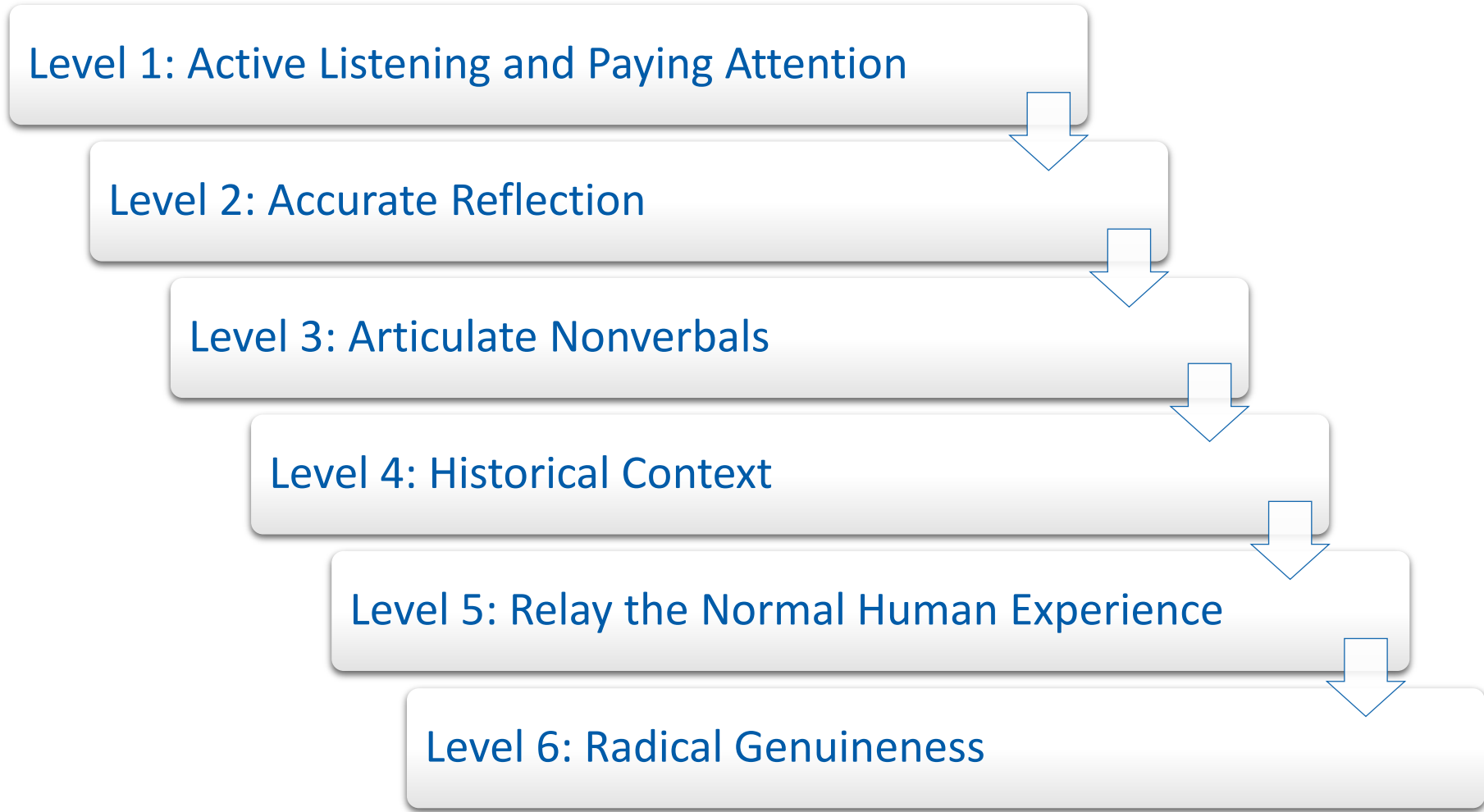


Validation

- Validation is finding a kernel of truth in the other person's perspective or situation
- What validation is NOT:

<i>Advice</i>	Giving guidance or recommendations concerning future action, typically given by someone regarded as knowledgeable or authoritative
<i>Feedback</i>	Information about reactions to a product, a person's performance of a task etc. – used as a basis for improvement
<i>Encouragement</i>	Cheerleading, rethinking a situation
<i>Praise</i>	Positive evaluation communicating approval of another's performance or attributes
<i>Compliment</i>	A polite expression of congratulations, encouragement, or respect

6 Levels of Validation





Self-Respect Effectiveness: Keeping Respect for Yourself

(be) **F**air

(no) **A**pologies

Stick to values

(be) **T**ruthful

Interpersonal Effectiveness Handout 7



Home Practice

Interpersonal Skills

- Practice using DEARMAN, GIVE, or FAST and reflect on how it went

DEARMAN/ GIVE/ FAST Practice Sheet



Mindfulness Practice



Thank you
for joining us

