

CLÍNICA ART. COMMUNICATION WORKSHOP

PROYECTO ART





Course description

Did you know that the quality of our relationships is affected by how we communicate?

The ART Project Communication Course **aims** to increase your awareness of how you communicate and to learn **new communication skills** that will **improve your relationships with others**.

The course consists of a **series of modules on different topics**, dealing with communication in **different contexts**. In addition to the first module, which deals with communication in **general**, you can choose from specific modules to work on communication with **children**, in **couples** and in the **business** world.

Structure and format

Our offer consists of four **modules**:

- 1. General communication**
- 2. Communication with children**
- 3. Communication in couples**
- 4. Communication at work**

Each of the modules consists of:

- **online course**: consists of short videos, which explain the theoretical content with numerous practical examples, readings and practical application tools. It lasts approximately **3 hours**.
- **face-to-face workshop**: will serve to put into practice everything learnt in the online lessons, applying it to the participants' daily life situations. It lasts **4 hours**.



Relevant information

→ Our courses are aimed at all those who are interested in improving their **communication skills**. They provide numerous **tools for practical application** in various areas of life, both professional and private.

→ The **online course** is available from the moment of enrolment and can be taken **at any time, at your own pace**.

→ The **face-to-face workshops** will take place in **small groups** of between 4 and 10 people. We will make different dates available to you, so you can sign up for the session when it is most convenient for you. We will repeat the sessions regularly.

→ Financial investment: **120€/module**.



The team



[Alejandra Misiolek](#)

Doctor, psychologist, psychotherapist and co-founder of the ART Project; she is co-creator of the course and facilitator of the workshop.



[Agata Kotrys](#)

Psychologist, psychotherapist, trainer, coach and collaborator of the ART Project, she is co-creator of the course and facilitator of the workshop.



[Mariví Miranda](#)

Psychologist, psychotherapist, trainer and collaborator of the ART Project, she is co-creator of the course and facilitator of the workshop.

MODULE 1. GENERAL COMMUNICATION COURSE

PROYECTO ART



Content of the course

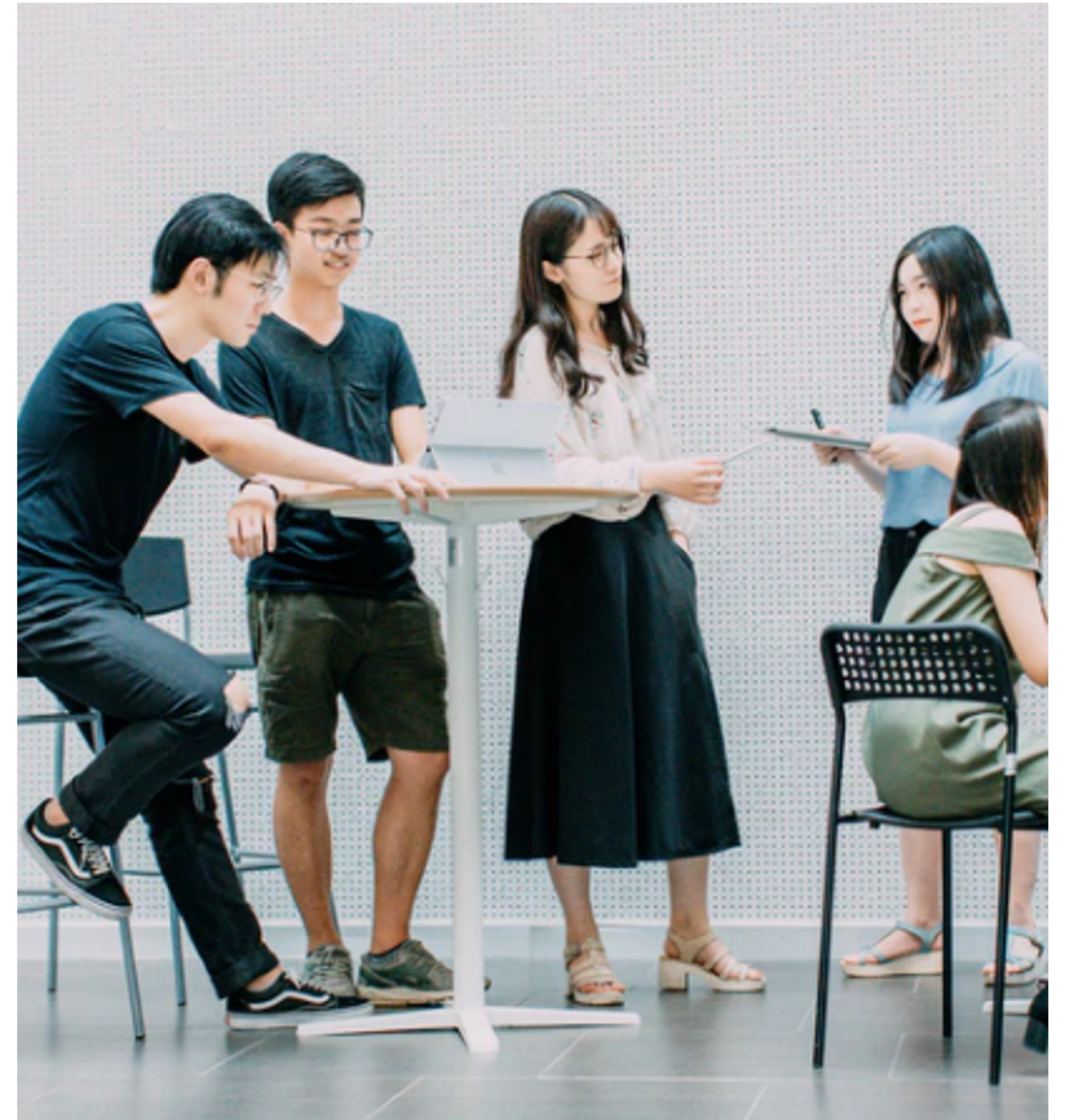
Module 1: General Communication

Introduction: What is communication and what is it for?

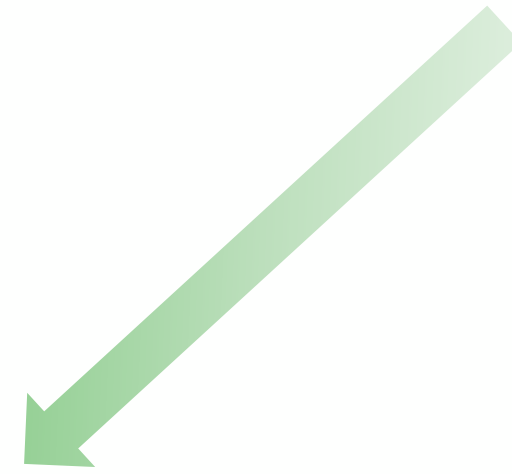
Part 1: How do we perceive?

Part 2: How do we process?

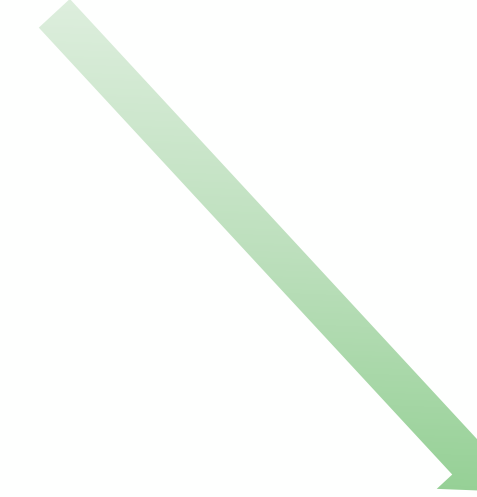
Part 3: How do we transmit?



Introduction: What is communication and what is it for?



Communication is the union, the contact with other beings, the process by which information is transmitted from one point to another.



We are primarily social beings; we spend most of our lives with other people. Understanding and getting along with others is essential to our social interactions.

Part 1: How do we perceive?

- Styles of representation
- Non-verbal communication
- Active listening

Part 2: How do we process?

- Filters and barriers
- Mentalisation
- Emotional processing

Part 3: How do we transmit?

- Modes of communication
 - Pre-verbal or non-verbal
 - Verbal



Part 1: How do we perceive?

Styles of representation

Non-verbal communication

Active listening

The preference for one sensory system or another influences the things that attract our attention, that we remember better and that help us to maintain our attention or, on the contrary, distract us.

What we say is only a very small part of the message we convey. It is how we say it that really makes the difference. We will talk about recognising emotions or the Mehrabian rule, among other things.

How we listen affects how the conversation will flow. What are the tricks to listen empathetically? Here we will learn the 3 elements that help to enhance active listening.

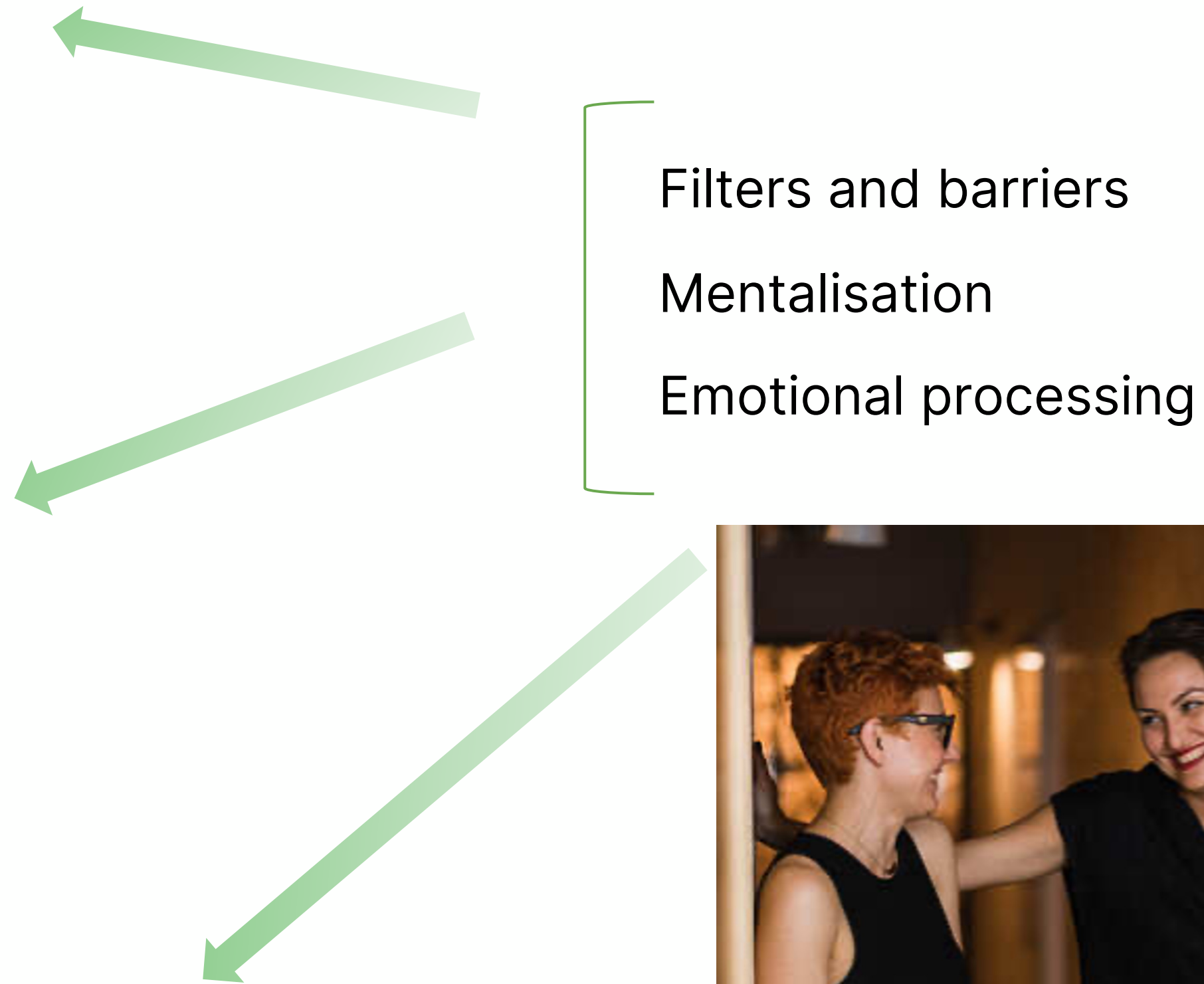


In practice, barriers to communication can be located in the environment, in people, in the relationships between them. These are our filters.

We all sometimes lose the ability to mentalise when something affects us emotionally and, above all, when these emotions are strong. We will learn how to mentalise (keep perspective) and we will see how to apply it to achieve good communication.

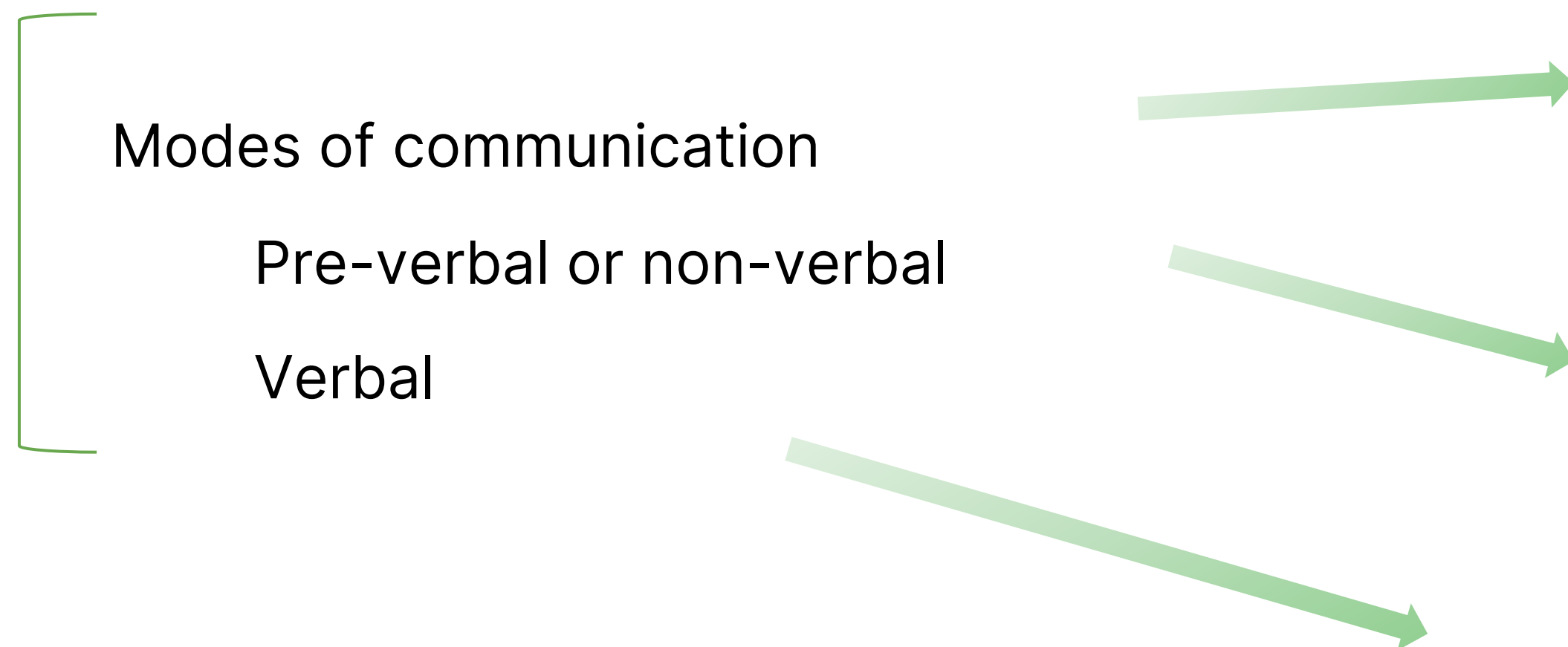
Awareness of our past experiences and how they affect our present is the key to a more reliable perception of our surroundings. A sense of humour helps us to have a different perspective.

Part 2: How do we process?





Part 3: How do we transmit?



In this section we will look at aspects of the pre-verbal message (e.g. clothing, gestures).

On the other hand, aspects of the verbal message (e.g. specific), the form (e.g. assertiveness) and the keys to effective communication.

In addition, we will look at the contributions of Nonviolent Communication, a theory and modality of communication created by the psychologist Marshall Rosenberg.

MODULE 2. COMMUNICATION WITH CHILDREN COURSE

PROYECTO ART



Course content

Module 2: Communicating with children

- What happens when we say "very good"?
- Why don't children "misbehave"?
- Avoiding NO, speaking positively
- Avoiding "It's OK".
- From "because I said so and that's it" to the limits that take care of us.
- Stages of development and their characteristics
- Learning, motivation and adaptability as an inherent part of being human
- Unconditional love and validation of the self as prevention in mental health.
- Taboo-free sexuality



What happens when we say "very good"?

When we abuse this connotation, we can unwittingly affect the children's self-esteem. We will discuss why we recommend avoiding valuing their actions or productions.

Why don't the children "misbehave"?

We often say that children "misbehave" when in fact they do not meet our expectations. We will reflect on what their needs are and why it is important to respect them.

Avoid NO, speak positively

Excessive use of NO can limit the child, truncate possibilities and generate frustration. We will look at how this process works to help us communicate in a more useful and beneficial way.



Avoid "It's OK"

As adults we tend to want to avoid discomfort to children, but beware! because we may be underestimating their capacity to understand situations and their emotional experience.

From "because I said so and that's it" to boundaries that take care of us

It is different to have authoritarian treatment than to set boundaries that care for and take care of all of us. We will reflect on whether we give arbitrary orders or we set limits that have a meaning, a reason, a logic.

Stages of development and their characteristics:

Understanding what happens at each stage and what our child is capable of and what she is not capable of helps us to better manage our expectations and not to demand things from our child that she is not yet capable of.



Learning, motivation and adaptability as an inherent part of the human being

Sometimes we worry about whether our child is going to learn or not and this generates insecurities that we can pass on to them. We will see how learning does not depend on the adult person but is something innate in the children that they develop naturally.

Unconditional love and validation of self as prevention in mental health

We will see how unconditional love will make our daughters strong enough and with the emotional resources necessary to pursue wellbeing and establish healthy interpersonal relationships.

A taboo-free approach to sexuality

Sometimes we encounter difficulties in dealing with issues related to sexuality. We will see that it is important to talk openly about the subject because whatever is a hindrance to us, we will transmit it.



MODULE 3. COMMUNICATION IN THE COUPLE COURSE

PROYECTO ART



Content of the course

Module 3: Communication in the couple

Attachment styles

Attachment styles in the couple

The patterns

Failed communication styles

Curiosity, playfulness

What does it mean to win a conflict?

Accumulated conflicts

Vicious circles

Boundaries

Change versus acceptance

Infidelity

Crisis = opportunity+disaster

Final advice



Attachment styles in the couple

In this section we will explain attachment styles (secure and insecure attachment styles) and how they are reflected in relationships. We will give tips on how to improve our relationships if we have an insecure attachment style.

Models on which we are based

We will analyse how our understanding of relationships is based on our models coming from childhood, family, culture, etc.



Failed communication styles

We will give you tools against vicious circles and accumulated emotions, rather than inappropriate styles. We will better understand the importance of transparency, assertiveness and the other's perspective in conflicts.

Curiosity and playfulness

Being curious about what is going on in our partner's head is an example of mentalisation. This is the basis of relating to others, so being flexible and being able to see the same person from different perspectives plays a huge role in our intimate relationships.



What does it mean to win a conflict?



We will learn to resolve conflicts constructively, based on curiosity and respect. Because we often win a conflict but lose the battle.

The accumulated conflicts



You may want to resolve a conflict with your partner and others arise. Are we being spiteful? We will look at how to peel back the layers of accumulated conflicts in order to resolve them.

The vicious cycles



Often problems in couples are the effect of vicious circles. Problems feedback on each other and there seems to be no way to stop them.



Boundaries

We will work on its different aspects, such as respect for boundaries, the ability to mark them or to know where they are.

Change versus acceptance

We will discuss issues such as: Do I have the right to expect my partner to change? To what extent should I give up my needs and expectations and accept the other? How do I accept?

Infidelity

Infidelity is often a taboo and complicated subject. In this course we will define it, discuss trust, who is the culprit and who is the victim, why it happened and finally we will talk about forgiveness.

Crisis = Opportunity + Disaster

Finally, we will see that the crisis is a good opportunity for progress and we will learn how to explore them.



MODULE 3. COMMUNICATION AT WORK/IN BUSINESS COURSE

PROYECTO ART



Content of the course

Module 4: Communication at work/in business

Before we start - job interview

We are all different:

→ communication according to our style

→ multiculturalism and cultural intelligence

constructive collaboration:

→ assertiveness

→ feedback

When not everything is perfect - Conflict Resolution

Now it's your turn - leadership and empathy





Before we start: job interview

How do I prepare myself, how important is the first impression, should I be honest? During the course we will answer all these questions.

We are all different in terms of communication style and culture

People have different styles of processing information and these predispose us to communicate in a certain way. Moreover, we live in a global world, where we interact with people from cultures different from our own.

Good communication must take into account individual as well as cultural differences. Adapting the way we communicate to the person in front of us will make communication more efficient.

Constructive collaboration: assertiveness and feedback

Management in a company takes place within the framework of exchange, communication and relationships between people. Communication and mutual understanding are one of the most important factors in the success of a company. We will learn about some tools for efficient communication, useful in the business world: assertiveness and feedback.

When not everything is perfect: conflict resolution

We will look at alternative ways of dealing with real conflicts using the strategies proposed by international conflict resolution and negotiation expert William Ury.

Your turn now: leadership and empathy

Why is empathy essential in a leadership role?



Do you want to know more?

Clínica ART

Calle Diputación 153

08011 Barcelona (España)

info@proyectoart.com

Phone: +34 623022331



PROYECTO ART