

# Communication in Relationships

Effective communication is essential to the health of our relationships, both at home and in our careers. However, some people lack the necessary communication skills needed for healthy relationships. These people often find that relationships fall short of their expectations and don't understand why they cannot seem to find satisfaction in their relationships or careers.

Healthy communication depends on our ability to effectively put our thoughts into words, and our awareness of how others might receive that message. Assertiveness, problem resolution, and conflict management skills are also central to effective communication. Also, because communication is both verbal and non-verbal, we need to be mindful of what we are portraying to others both in words and expressions.

Unhealthy behaviors such as aggression, being submissive or possessing low self-esteem can hinder one's ability to be an effective communicator.

No matter what the cause, becoming aware of unhealthy communication patterns is the first step. Combined with a determination for self-exploration and improvement, one can learn to adapt healthy communication patterns. As a result, you will be well received in your communications with others and you will notice positive changes in your relationships as a result.

If you feel that you would like assistance with communication in your relationships or want to be a more effective communicator, know that help is available.

If we can be of assistance in helping you develop better communication skills, please contact us to arrange a consultation.

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## GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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