

## Process Communication Model Discovery

<b>Instructor:</b> Dr. Bitá Sharifzadeh, OPQ # 10884-07  <b>Email for existing clients:</b> psy.elite@dbn.life	<b>Class Instruction:</b>  Live seminar in person and/or zoom
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## Course Syllabus

### Course Description

The Process Communication Model (PCM) Discovery course (2h) is designed for students wishing to have an introduction to PCM, a validated communication and management tool covering many aspects of our personality. Throughout this introductory course, an overview of PCM will be presented to understand the fundamentals of this unique personality model.

### **Benefits:**

A communication tool at work or at home to enhance:

- Connecting
- Motivating
- Managing
- Resolving conflict
- Building trust and rapport with individuals.

### **Application:**

- Management, Recruitment and Human resources.

### **In the Mental Health Field:**

- Assess communication skills
- Enhance personal understanding of oneself and their interpersonal relationships
- Improve client outcome
- Enhance couples and family relationships

### Course Clientele:

All clinical practitioners are encouraged to take this course as it outlines the basics of the Process Communication Model. This model is an ideal tool for therapists who are looking to have a better understanding of communication strategies based on aspects of individual personalities. By learning the basis of this approach, students have the opportunity to be initiated in the process to become a certified Coach or Trainer (additional preparation, examination, and fees apply, [Contact](#) us for more information).

## **Learning Objectives:**

By the end of this course, students will achieve the following outcomes:

### **1. Improve Your Self-Awareness:**

- Identify your Personality Structure and how it can change
  - Use your profile to succeed
- Identify your stressors and how to handle stress

### **2. Gain a Better Understanding of Others:**

- Identify the Personality Structure of others
- Sharpen your skills in motivation
- Help reduce miscommunication and conflicts

### **3. Develop More Effective Ways to Communicate With Others:**

- Improve the quality of your communication and motivational skills
- Increase our knowledge of how people with different profiles interact • Help reduce stress and conflict
- Have genuine and helpful relationships

## **Course Format:**

The course is 2 hours and will be offered by Dr. Bitá on Zoom and/or in-person.

## **Content:**

<i>Topics Covered</i>	<i>Suggested readings/ressources</i>
<i>Personality and Structure</i>	Kahler (2008): p. 62-67
<i>Six Personality Types</i>	Kahler (2008): p. 36-42

<b><i>Personality Parts</i></b>	Kahler (2008): p. 62-67
<b><i>Channels of Communication</i></b> - Six contact perceptions	Kahler (2008): p. 68-75 Kahler (2008): p. 76-81
<b><i>Environmental Preferences</i></b> - The Assessing Matrix	Kahler (2008): p. 42-45
<b><i>Eight Psychological Needs</i></b>	Kahler (2008): p. 11-116
<b><i>Miscommunication and Distress</i></b>	Kahler (2008): p. 150-157

## **Recommended Reading**

*Resources for the class are available on [DBN lib](#)*

Kahler, T. (2008). The process therapy model: the six personality types with adaptations.  
Taibi Kahler Associates, Inc.