

Process Communication Model Level 1

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

Course Description

The Process Communication Model (PCM) Level 1 course (18h) is designed for students wishing to embark on the journey of self-discovery that will show you many aspects of your personality and develop positive communication skills for each personality type. Throughout this course students will learn an in-depth understanding of 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 to the process of becoming 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. Understand the Basic in Communication:

- The *WHAT* and the *HOW*: Verbal and the Non-Verbal Cues
- The 6 Personality Types
- Personality-type-specific communication
- Learn *YOUR* Personality Structure

2. Identify Distress Signals:

- Distress Manifestations
- The 3 Degrees of Distress
- The Impact of Distress

3. Manage Distress and Miscommunication:

- Conflict Management
- Identify Distress in Others
- Return from Distress to Positive Effective Communication

4. Develop Positive Communication:

- The Rule of Communication
- Different Perceptions of each Personality Types
- Identify the Personality Types of Others

5. Motivate:

- Identify the Psychological Needs in Yourself & in Others
- Satisfy the Psychological Needs in Yourself & in Others
- Prevent Descending in Distress for Yourself & for Others

Course Format:

The course is 18 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>Perceptions</i>	Kahler (2008): p. 450-62
<i>Six Personality Types</i>	Kahler (2008): p. 36-42
<i>Personality and Structure</i>	Kahler (2008): p. 36-42
<i>Character Strengths</i>	Kahler (2008): p. 36-42
<i>Personality Parts</i>	Kahler (2008): p. 62-67
<i>Channel of Communication</i>	Kahler (2008): p. 68-75
<i>Environmental Preferences</i>	Kahler (2008): p. 42-45
<i>Psychological Needs</i>	Kahler (2008): p. 11-116
<i>Personality Phase and Phasing</i>	Kahler (2008): p. 108-110, 181-190
<i>Miscommunication & Distress</i>	Kahler (2008): p. 150-157
<i>Connecting</i>	Kahler (2008): p. 76-81

Recommended Readings and Resources:

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.

PCM Level 1 Participant Guide

PCM Summary: 2 page personality structure

PCM Profile: 30 page personalized profile

Action plan to improve quality of life