

Instructions for Presentation Library - Effective Communication Skills for Military Couples

This instructional page provides guidance for use with the Military and Family Life Counseling Program in conducting an individual or series of presentations on Effective Communication Skills for Military Couples.

The project represents a collaborative effort between The Office of the Secretary of Defense (Personnel and Readiness, Military Community and Family Policy (OASD-P&R(MC&FP)) and the Department of Health Affairs, Deployment Health Clinical Center (DHA-DHCC) to refresh non-medical counseling content for presentations that address issues and topics commonly addressed in the psycho-educational realm.

Module 1 – Introduction to Communication

Module 2 – Active Listening

Module 3 – Challenging Cognitive Distortions that Block Communication

Module 4 – Effectively Communicating Emotions

Module 5 – Communicating Assertively

Module 6 – Negotiation in Communication

These modules are intended to stand alone or work in concert to advance understanding of communications skills that address common marital relational issues.

All modules were designed to fit a 30-45 minute time band.

Module 1 can be a standalone presentation in which activities from Modules 2-6 could be incorporated as time permitted.

Modules 1-6 can be offered in a series of short 30 to 45 minute sessions with the possibility of combining two modules for 1 – 1.5 hour sessions and completing a series in three sessions. For example, Modules 1&2, 3&4 and 5&6 lend themselves to being blended together for three longer sessions and allowing for the full suite to be presented in a series of 3.

A bibliography is provided for presenters use in obtaining additional background language to conduct the presentation. Presenters are encouraged to use these references in preparation for the presentation of this new material.

Please direct any questions or comments regarding these modules to the Non-medical Counseling Program Office.