

WFWP USA: Playback: Family Healing through Relational Connection - Part 2

Angelika Selle
May 16, 2020



Missed the webinar? Watch anytime!

Family Healing through Relational Connection: Part 2!

WHEN: Thursday, May 14

[CLICK HERE TO WATCH THE RECORDING](#)



Presented By:

ANNE CONTEE, M.S., LGPC MD #8831
*Certified relationship therapist,
Pastoral counselor, Master leader of Safe
Conversations, Registered yoga teacher*

You've asked for more, and here it is! Part 2 of "Family Healing through Relational Connection". Would you like to know how to set yourself and your family on the **path to healing** from past hurts? **Empower yourself** with even more know-how from a professional therapist and relationship expert!

Anne Contee is a professional counselor with a holistic approach, emphasizing the connection between mind, body, and spirit. She creates "a sacred healing space of loving-kindness, with a person-centered and compassionate method."

One of Anne's passions is to work with couples and form collaborative partnerships and alliances to disempower generational familial dysfunction. Anne

is regularly invited as a presenter and keynote speaker for a variety of venues in the Washington, D.C. metro area including, Anne Arundel County Department of Aging annual Caregiver Conference.

The screenshot shows a webinar slide with the following content:

- SAFE CONVERSATION PROCESS** (written vertically on the left)
- SENDER responsibility :**
 - I. Asks for an appointment
 - II. Shares appreciation
 - III. Share how appreciation makes you feel
 - IV. Share how it reminds you of something in the past
 - Use I-language
 - Send message in short sentences, bite sized pieces
 - No criticism or negativity
- RECEIVER follows steps in the process :**
 - 1. MIRROR – "Let me see if I've got it." You said..." Did I get that? Is there more about that?"
 - 2. VALIDATING - "That make sense, it makes sense given your experience that you would feel or think that."
 - 3. EMPATHIZING - "I can image, with that experience, you would be feeling..." Do you have other feelings?"

Illustrations include a single character on the right side of the slide and two characters on the left side of the slide. A 'Switch' button is visible between the two character illustrations. The slide is part of a video player with a timestamp of 0:25:38 and a volume icon.

Above are the steps mentioned in the webinar, how to have a "Safe Conversation."

This webinar is a preview of our monthly WFWP members' webinar, with tips and inspiration for your life, work, and family, all rooted in the Logic of Love!

When you sign up or renew your WFWP Peace Builder membership, you will receive invites to each month's webinar, and receive access to our full webinar library.

