Healthy Relationships 101

Relationships don’t have to be so difficult.

Michael Jascz
The Relationship Foundation
Empathy: The Dictionary Definition

The ability to share and understand the feelings of another
Empathy: The Art of Listening
...Really Listening
Trauma-Sensitivity
Healthy Brain
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.

An Abused Brain
This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.
Students’ disruptive behaviors are coping mechanisms
Do students with ACEs have a behavior problem … or brain problem?
Nonviolent Communication
Essential Relationship Building Blocks
The World of Conflict

Judgment

- Blame
- Shame
- Should
- Shouldn't
- Good
- Bad
- Wrong
- Right
Needs
What exactly are they?
Everything we have ever done and everything we ever will do is to meet a need.
Feelings
What exactly are they?
Strategies
A Lesson in Compassion
Resilience: Bouncing Back from Tough Times