

# About the Facilitator



*James A. Natter, Psy.D., will teach the course using a variety of formats including explanation, demonstration, experience, discussion and exercises. Dr. Natter is the Executive Director of the Central DuPage Pastoral Counseling Center and a staff counselor. He is also a Thrive facilitator and a certified mediator. Dr. Natter received his doctorate degree in psychology from Adler School of Professional Psychology in Chicago, Illinois.*

*Central DuPage Pastoral Counseling Center is a non-profit organization which offers comprehensive counseling services to individuals, couples and families in an ecumenical, Christian setting. We have been serving the central DuPage region since 1976. If you would like to meet with a counselor or obtain further information, please contact our office.*

## Center Services:

- Counseling
- Education Services
- Marriage & Family
- Adolescent Services
- EMDR
- Play Therapy
- Group Therapy
- ADHD Assessments
- Psychological Testing
- Hypnosis

# Couple



# Communication

*A Four-Session Workshop  
Presented by:*

*Central DuPage Pastoral  
Counseling Center*

507A Thornhill Drive • Carol Stream, IL 60188  
[www.cdppcc.org](http://www.cdppcc.org) • 630-752-9750

# *Couple Communication 1*

*A Four-Session Workshop*

**DATES:** Oct. 5, 12, 19, & 26, 2010

**TIME:** 6:30 to 8:45 p.m.

**PLACE:** CDPCC Offices:  
507A Thornhill Drive  
Carol Stream, IL 60188

**COST:** \$60.00/couple per session  
(\$55.00/couple for members  
of affiliated churches)

**OPTIONAL:** \$25 Thrive Sphere  
(online relationship awareness tool)

**FACILITATOR:** Dr. James A. Natter  
Executive Director

*\*Scholarships may be available. Please  
inquire when registering.*

**ADVANCE REGISTRATION IS REQUIRED**

*Couples can achieve greater satisfaction with their relationship by becoming more deliberate in the way they communicate. This is especially true when balancing daily needs with needs for deeper romantic communication. The workshop is designed to provide couples with skills and techniques for improving communication on a practical level.*

*As a participant, you will learn how to talk about sensitive issues, how to say what you think, feel, or want without blaming or attacking, and how to get beyond ordinary chitchat and share the deeper meaning of life. These skills and techniques will help you understand the motivations and counter-intuitive behaviors that can sabotage your goals for the relationship.*

*Each of the four sessions deals with a different topic:*

- 👉 Giving clear messages*
- 👉 Developing listening skills*
- 👉 Growing in problem-solving skills*
- 👉 Understanding Communication Skills*

*You will be asked to work at home on the skills between each of the four sessions. Materials are included in the cost of the workshop.*



*You can pre-register by calling the Central  
DuPage Pastoral Counseling Center at*

**630-752-9750**