

# COMMUNICATION AND COMMUNICATION STYLES

Presented by

**Thaen Saelee, Psy.D.**

Dr. Thaen Saelee earned her doctorate in Clinical Psychology at Argosy University. She is a UC Berkeley Alumni, with an undergraduate degree in Sociology. Dr. Saelee started her clinical career as an AOD (Alcohol and Other Drugs) counselor at the Bay Area Addiction, Research, and Treatment (BAART) Center in Oakland, California. She spent eight years providing therapy, assessments, rehab services, psychological testing and evaluations and psycho-education to children, adults, and families in underserved communities in public mental health. Her clinical focus is in trauma, and how it affects individual development and behavior. Most recently, she was a Staff Psychologist at Siskiyou County Behavioral Health where she facilitated the evidence-based CBT (Cognitive Behavioral Therapy) for Overcoming Depression group and the ACT (Acceptance and Commitment Therapy) for Anxiety group. She loves animals and knock-knock jokes.



**4 Thursdays**

**September 19 - October 10, 2019  
5:30 - 7:30pm**

Register at:

**Yreka Community Resource Center**  
201 S. Broadway, Yreka

**Dinner and child care are provided!**

**Please RSVP by calling  
(530) 842-1313.**



Communication skills help you solve problems, learn new things, and are key to your success – in relationships, the workplace, and across your lifetime. This workshop will provide participants with evidence-based, emotionally-focused tools for effective communication. It is important to understand your own communication style, so you can recognize both its strengths and weaknesses. It is also helpful to understand the communication styles of others – by recognizing where your styles mesh and where they don't, you have the opportunity to be a much more effective communicator. Join us and explore different types and purposes of communication styles and learn how to identify and understand which is the most effective.