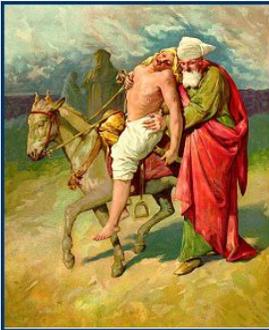


New Horizons Newsletter



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"May the Lord show you His favor and give you peace."

(Nu. 6:26)

LEARNING PEOPLE SKILLS THAT ENHANCE RELATIONSHIPS

By Dr. Pierre J. Samaan

Have you been having trouble getting along with your partner? Do you wish that they would be more encouraging? Have you been having trouble with your patience when talking with your partner? Has your partner been accepting of your differences? These are just a few of the many questions asked in marriage counseling. These questions along with many others are associated with people skills.

Most couples enter into marriage with the people/social skills learned in their home of origin. Others learn these skills through their extended family or close friends. We all learn some people/social skills through our interactions in school and extra curricular activities such as church, sports or clubs.

Loners will tend to have fewer people skills than extroverts who thrive for as many relationships as they can. Whether you are introverted, extroverted, or somewhere in between, we can all improve in our people/social skills.

None of us are born with people skills also known as social skills. People skills are strategies of communicating to those in the world around us. Your Soul - mind, will, emotions, intellect - is that part of you in which people/social skills are learned. The following is a general list of people/social skills. Take this survey to see what skills you need to improve upon.

A good bonding exercise may be to have your partner or close friend score you. You will probably be surprised at how they rate your people/social skills.

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PEOPLE SKILLS/SOCIAL SKILLS SURVEYby **Pierre J. Samaan, Ph.D.**

Decide which of the following answers best applies to you.

Place the number of the answer in the box at the left of the skill.

1. never 2. rarely 3. occasionally 4. sometimes 5. often 6. usually

	1. Taking turns - 1 Corinthians 14:40; Ephesians 5:21; Philippians 2:3-4
	2. Praising; no criticisms or condemnations - Psalm 119:171
	3. Sharing materials - Leviticus 25:35; Matthew 5:42
	4. Asking for help - Psalm 5:2; Hebrews 4:16
	5. Using quiet voices - Prov 15:1; 16:21; Phil 4:5; Ecclesiastes 9:17
	6. Participating equally - Eph 4:16; Phil 2:3-4; 1 Cor 12:12,27
	7. Staying on task - Philippians 3:12-14; Ecclesiastes 9:10
	8. Saying kind things - Colossians 3:12; 2 Peter 1:5-7
	9. Using proper names - 1 Peter 2:17
	10. Encouraging others - Romans 1:12; 1 Thessalonians 5:11
	11. Patient waiting - Colossians 1:10-12; Hebrews 6:12
	12. Communicating clearly - James 5:12; Matthew 5:27
	13. Accepting differences - Ephesians 4:2-5; Colossians 2:16
	14. Active listening - Proverbs 1:5
	15. Praying together - James 5:16
	16. Small group activities - 1 Peter 4:10-11; Galatians 6:9-10
	17. Church participation - Hebrews 10:25; 1 Corinthians 15:58
	18. Spirituality - Prov 15:29; Gal 5:25; Prov 3:5,6; Mat 6:33
	19. Following directions - Proverbs 3:5-6; Psalm 119:105
	20. Paraphrasing (rephrasing to prevent misunderstandings) - Romans 14:13-14
	21. Managing materials; finances, belongings, etc.. - Proverbs 3:9-10; Matthew 6:19-21,33
	22. Staying with the team; commitment and loyalty - Galatians 6:9-10; Philippians 2:4
	23. Sharing ideas - Philippians 4:8; Colossians 1:28; 3:16-17
	24. Sharing tasks - Gal 6:2; Col 3:23; Philippians 2:4; Matthew 9:37-38
	25. Celebrating success - Proverbs 11:30; Psalm 128:1-4
	26. Helping others - Prov 22:9; 1 Thess 5:11; Mt 6:2-4; Ja 1:27
	27. Compromise (only when appropriate) - Eph 4:3; Philippians 2:3-4
	28. Forgiveness (overlooking an offense) Prov. 19:11; 12:16; 17:14; Col. 3:13; 1 Peter 4:8; Matthew 6:14-15
	29. Reconciliation (confession, loving correction, and forgiveness) Mt 5:23-24; Prov 28:13; Gal 6:1; Mt 18:15; Col 3:13
	30. Negotiation (working through material issues) Philippians 2:4

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	31. Mediation (utilizing third party help) Mt. 18:16
	32. Arbitration (accepting third party binding decision) 1 Cor. 6:1-8
	33. Accountability (to promote repentance, justice, and forgiveness) Matthew 18:17 "Done lovingly, redemptively, and restoratively."
	34. Observing - Proverbs 8:34
	35. Acceptance - Titus 3:2; Romans 15:7
<p>Congratulations! If most of your scoring was a 5 or 6, you are well on your way to having good social and personal relationships. For those of you who marked 4 or below, begin right now to work on strengthening these skills. Grade yourself at the end of each day as to how well you did in utilizing those people/social skills you identified as needing strengthening. Each night, make a list of the people/social skills you would like to mark as a priority for the next day. Remember this:</p> <p><i>²⁷External religious worship [religion as it is expressed in outward acts] that is pure and unblemished in the sight of God the Father is this: to visit and help and care for the orphans and widows in their affliction and need, and to keep oneself unspotted and uncontaminated from the world. James 1:27 AMP</i></p>	

Social Skills Deficit Often Seen In Three Types

Whether one is a youth or adult, people skills, or more commonly called social skills, are of utmost importance. If one is having trouble getting along with others, it will hinder development, relationships, and advancement. For the most part, there are three common types of social skill deficits.

1. **Discrimination Deficit:** This is when a youth or adult does not appear to know when to display a particular behavior; for example, not knowing when to start or close a conversation.
2. **Motivation Deficit:** This is when a youth or adult does not have the willingness to perform or achieve; not utilizing full potential. They may have the ability, but they are not applying themselves; for example, a student who is very smart, but does not complete assignments or study for tests.
3. **Skill Deficit:** When a youth or adult never learned to apply themselves in a certain social skill; for example, this could be an individual who fails to learn not to speak using offensive words.

You may have allowed your people/social skills to fall by the wayside over the years. Some of us have a deficit in one or more of these skills because we never learned the skill. Others may have felt unmotivated for various reasons in desiring to practice a skill. And, there are some who possess a desired skill, but do not seem to know the right times to use it.

Sometimes all one needs is to be helped to understand why a particular people/social skill is important and attainable for improved relations with others.

For most couples, marriage counseling is only considered as a last resort before divorce. By the time I see many couples in marriage counseling they are generally having significant difficulties in getting along. By this time, I see that one or both have built up a great deal of animosity toward the other. It is this bitterness that often leads to paying less attention to the relational (people/social) skills. They think why should I keep trying when I'm not appreciated? One may withdraw while the other goes on the attack. Both seek out distractions to take the pain away rather than work harder to improve their relational (people/social) skills with one another.

We all need to work on our people/social skills from time to time. Which one of the above skills did you identify as needing work? Instead of focusing on what others are doing wrong, start working on improving your relational (people/social) skills. If you are not sure which skills you need help with, ask your family, friend, or close relationship. I am sure they will be more than happy to let you know what is "wrong" with you!



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***YOU CAN READ OR DOWNLOAD PREVIOUS NEWSLETTERS IN THE "ARTICLES" SECTION OF OUR WEB SITE.**

"Seeking True Recovery to Replace Pain With Healing Peace."

*Clinical Christian Counseling/Clinical Pastoral Counseling is crisis intervention and strengthening of Christian character and values, which is Discipleship. Our Ordained and Professional Clinical Christian Counselors are committed to the welfare of the Christian. Clients are encouraged to take advantage of their own church programs as part of their Christian Counseling Treatment Plan. We are credentialed professionals who must follow state confidentiality guidelines. **This is not church Lay Counseling in which your confidentiality cannot be guaranteed.***

*Professional Clinical Christian Counseling will help the client, couple, or family move beyond tolerable existence into genuine inner healing, renewal, and wholeness through the work of God's Holy Spirit in the counseling.**

Tolerable recovery is the process of getting better. True recovery says, "I made it!" This is when I can look at the source(s) of my pain - which has become a stronghold - and realize it has been replaced with God's healing peace - Replacing the source pain with God's Truth.

***Clinical Christian Counselors are exempt from Florida State Licensing, Statute 491.014. All Christian counselors at New Horizons Institute of Counseling are Ordained Clergy, Board Certified & Licensed by the National Board of Examiners of the National Christian Counselors Association. We serve under the authorities of our licensing boards and the Pastor and Board of the UB church.**

NEW RESEARCH FINDINGS

SECRETS OF 'SUPERAGER' BRAINS: ELDERLY SUPER-AGERS HAVE BRAINS THAT LOOK AND ACT DECADES YOUNGER THAN THEIR AGE

Researchers have long chronicled what goes wrong in the brains of older people with dementia. But Northwestern Medicine researcher Emily Rogalski wondered what goes right in the brains of the elderly who still have terrific memories. And, do those people -- call them cognitive SuperAgers -- even exist? Read article at:

<http://www.sciencedaily.com/releases/2012/08/120816201620.htm>

WHY ARE ELDERLY DUPED? AREA IN BRAIN WHERE DOUBT ARISES CHANGES WITH AGE

Everyone knows the adage: "If something sounds too good to be true, then it probably is." Why, then, do some people fall for scams and why are older folks especially prone to being duped? Read article at:

<http://www.sciencedaily.com/releases/2012/08/120816121836.htm>

MEDITERRANEAN DIET ENRICHED WITH OLIVE OIL MAY PROTECT BONE

A study to be published in the Endocrine Society's Journal of Clinical Endocrinology and Metabolism (JCEM) shows consumption of a Mediterranean diet enriched with olive oil for two years is associated with increased serum osteocalcin concentrations, suggesting a protective effect on bone. Read article at:

<http://www.sciencedaily.com/releases/2012/08/120815082608.htm>

GIRLS WITH ADHD AT RISK FOR SELF-INJURY, SUICIDE ATTEMPTS AS YOUNG ADULTS

Girls with attention deficit hyperactivity disorder are significantly more likely to attempt suicide or injure themselves as young adults than girls who do not have ADHD, according to research published by the American Psychological Association. Read article at:

<http://www.sciencedaily.com/releases/2012/08/120814100158.htm>

ONE WEEK OF THERAPY MAY HELP REORGANIZE BRAIN, REDUCE STUTTERING

Just one week of speech therapy may reorganize the brain, helping to reduce stuttering, according to a study published in the August 8, 2012, online issue of Neurology®, the medical journal of the American Academy of Neurology.

Read article at: <http://www.sciencedaily.com/releases/2012/08/120809090310.htm>

STUDY: ABORTION NOT NECESSARY TO SAVE MOTHERS' LIVES

The argument for an abortion when a mother's life is in danger is no longer valid. At least it's not if you believe leading medical experts presenting their study findings at the International Symposium on Maternal Health held in Dublin, Ireland. Read article at:

<http://www.charismanews.com/us/34151-study-abortion-not-necessary-to-save-mothers-lives>

AVOIDING ALCOHOL MAY CUT RISK FOR ESOPHAGEAL CANCER

Chronic drinkers who stop consuming alcohol can cut their risk for esophageal cancer in half within four to five years, according to a new evidence review. Read article at:

http://www.everydayhealth.com/addiction/0918/avoiding-alcohol-may-cut-risk-for-esophageal-cancer.aspx?xid=aol_eh-news_10_20120917_&aolcat=HLT&icid=maing-grid10%7Chtmlws-main-bb%7Cd134%7Csec3_ink2%26pLid%3D207158

STOP BULLYING CHALLENGE AVAILABLE FOR YOUTH

OJJDP, in conjunction with the Federal Partners in Bullying Prevention, invites youth ages 13 to 18 to participate in the [Stop Bullying Video Challenge](#). OJJDP encourages young people to submit videos (by October 14, 2012) demonstrating how they are taking a stand against bullying and promoting kindness and respect within their communities. The grand prize is \$2,000. (OJJDP)

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