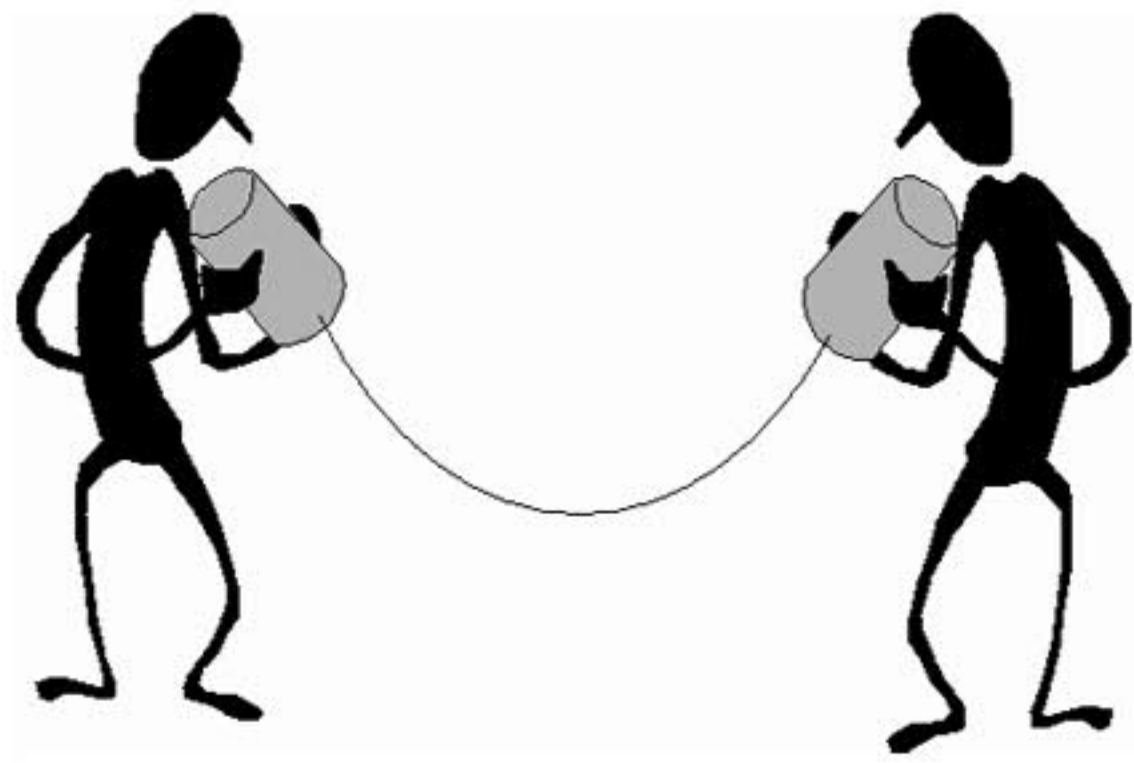


Jude Bijou, ma, mft, and multi award-winning author of *Attitude Reconstruction: A Blueprint for Building a Better Life* presents:



How to Communicate Simply, Lovingly And Effectively

Poor communication is at the root of most relationship breakdowns. Based on the principles of Attitude Reconstruction, learn how to communicate constructively about any topic in any situation. Topics covered in this class are:

- ★ The Four Communication Rules
- ★ The Lucky 13 Communication Tips
- ★ The “I-5” so you can speak up about any difficult topic
- ★ A simple model to resolve all differences

Instructor: Jude Bijou, MFT

When: October 19, 2019
(1 Saturday)

Time: 9:30 a.m. - 4:30 p.m.

Where: Room 5, Schott Center
310 West Padre St. Santa Barbara

Cost: FREE



Jude Bijou, MFT

Registration best done at either campus or online at sbcc.edu/extendedlearning



The daughter of pioneering behavioral child psychologist Sidney W. Bijou, Jude is a licensed marriage and family therapist in Santa Barbara and longtime student of Eastern philosophy. Her theory of Attitude Reconstruction evolved from years of helping clients live happier, more fulfilled lives.