

FEBRUARY 23, 2010

## ASSERTIVENESS TRAINING

Participants will learn about the different styles of communication. They will learn what assertive words, voice tones, and body language styles look like. Also participants will be challenged to look at one relationship in their life where they need to become more assertive.

**INSTRUCTOR: CHERYL L. TERRELL, PH.D.**

**CHERYL L. TERRELL, PH.D.** is a clinical therapist, a psychological examiner, a community and staff educator, and a Licensed Professional Counselor. She is a member of the American Psychological Association, a fellow of the American Psychotherapy Association, a member of the American Counseling Association, and a member of the American Association of Christian Counselors. She has 25 years experience in the mental health field. She has worked in inpatient and outpatient with the adult chronically mentally ill as well as chemical dependent population. The last 15 years she has worked outpatient doing individual, family, marital, and group therapy as well as educational and psychological assessments. She has provided educational training seminars for public school teachers, state agencies, mental health therapist, emergency management personal, businesses, and the general community population. She most enjoys working with child and adolescent trauma recovery. She received a Ph.D. in Clinical Psychology from Walden University in Minneapolis, Minnesota August 2000; a Master of Arts in Psychological Counseling from Southeast Missouri State University May 1985; and a Bachelor of Science in Psychology from Southeast Missouri State University in Cape Girardeau, Missouri.

**Location: First Baptist Church of Poplar Bluff, 551 N. Westwood Blvd., Poplar Bluff, MO**

**Time: 8:30am-12noon**

**Cost of Workshop: \$75**

**3 CEHs: Washington University, George Warren Brown School of Social Work for MO & IL**

**3 CEHs: NBCC**