

### Family Voice Bulletin – Issue 17 (Nov 23<sup>rd</sup>) Communication through LEAP Perspective

*Summarized by KJ (Krystal-Jyl) Thomas, MSW, RSW*

In this week's session, facilitators KJ Thomas, MSW, RSW and Juliet Haynes, MSW, RSW were joined by guest presenters; Jenepher Lennox Terrion, PhD, and Caroline Liebenberg, Caregiver Advocate.

Together they discussed communication skills for helping a loved one with mental illness. As communication is one of our most popular topics, we wanted to aim to bring a more in-depth look at some skills we can acquire to assist us in building and continuing a healthy relationship with our loved one. If you find yourself curious to learn more, we encourage you to register for the upcoming two-part sessions offered on January 4<sup>th</sup>, and 11<sup>th</sup> through The Royal Family Groups. The description of the upcoming course is as follows: LEAP (Listen-Empathize-Agree-Partner ®) is an evidence-based program that teaches you how to communicate with people struggling with serious mental illness, to create an alliance that leads to treatment and recovery. LEAP is based on Dr. Xavier Amador's best-selling book, "I'm Not Sick, I Don't Need Help" and is facilitated by Jenepher Lennox Terrion (the only facilitator currently certified to lead this workshop in Ontario), and Caroline Liebenberg, Caregiver Advocate and member of the Royal's Family Advisory Council, The LEAP approach can help you rebuild trust, and partner with your loved one to get them the help they need.

This two part course will be offered at no cost, registration can be found at The Royal Ottawa website located here:

<https://www.theroyal.ca/patient-care-information/family-caregivers/family-information-and-support-groups>

#### Additional Resources

- Book, I'm Not Sick, I Don't Need Help [I'm not sick, I don't need help \(Xavier Amador, PhD\)](#).
- Video, I'm Not Sick, I Don't Need Help [https://www.youtube.com/watch?v=vmM\\_6bd5ULw](https://www.youtube.com/watch?v=vmM_6bd5ULw)
- Video, 7 Tips for Empathetic Listening <https://www.crisisprevention.com/en-CA/Blog/7-Tips-for-Empathic-Listening>