

Resources:

Timothy Birt, LMFT, LPC Email: birt@counseling-therapy-services.com

Timothy Birt, LMFT, LPC, Auburn, Alabama Office:

<https://www.psychologytoday.com/us/therapists/counseling-and-therapy-services-auburn-al/210682>

Timothy Birt, LMFT, LPC, Columbus, Georgia Office:

<https://www.psychologytoday.com/us/therapists/timothy-birt-columbus-ga/251923>

Expression and Understanding Skills pdf (See attached)

Unskillful and Skillful Communication pdf (See attached)

<https://www.psychologytoday.com/us/blog/lifetime-connections/201605/10-steps-effective-couples-communication>

<https://www.gottman.com/blog/weekend-homework-assignment-turning-towards/>

<https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>

<https://www.youtube.com/watch?v=o-kMJBWk9EO>

Tail of Two Brains <https://www.youtube.com/watch?v=3XjUFYxSxDk>