

Improving Communication and Empowerment/ The Influence of the Pharmaceutical Industry

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Riverview Psychiatric PC/ TMS Center of the Hudson Valley

Special points of interest:

- Circle of Life in 2011 will focus on Women's Empowerment
- You can take the steps necessary to improve the relationships with your loved ones

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Circle of Life Group 2011...Empowering Women!

Would you like to make 2011 a much better year than 2010? Wouldn't we all?! Very soon, the new year will begin and isn't that a great time to focus on how you want your life to improve?...Are you ready to make some important changes in your life? This 8 week session group for **women only** will assist you in attaining higher levels of health, vitality, productivity, peace, abundance, joy, and life fulfillment.

The **"Circle"** process can help any individual, at any age, with any belief, with any goal or problem, in a breakthrough process of empowerment. It's easy, fun, and available here at Riverview Psychiatric Center, beginning in early January on Monday evenings.

Our first COL group

has just ended and was a big success... with the members reporting many significant changes in their lives and that the



group was extremely enjoyable and helpful. They actually scheduled a reunion group at the end of February to spend time together again and share their latest successes!

So why wait for someone else to fix your problem??! Learn a process that will mobilize your own internal resources, teach you problem-solving strategies, and create the positive outcomes you want and deserve.

Sign up soon at the

center with Pattie Reidy-Whitney or *Dr. McKee, at 845-242-7864. Groups are limited to 8 members and several women have already joined! The group will take place Monday evenings at 6:30 -8:00. The fee is \$335. for the 8 weekly sessions and the Circle of Life Participant Guide Book is included in the fee. Credit cards and installment payments are accepted.

Invite a family member or friend to sign up with you for a 10% discount!

*Dr. McKee will lead the Circle group and is a NYS licensed Psychologist and certified Circle of Life Coach.

How to Improve Lines of Communication with Your Loved Ones by Ellyn Enisman CEC, LMSW



"Remember no one is perfect, including you"
-Ellyn Enisman

When everyone in your life communicates well, things generally run smoothly. However, sometimes it can be tough to maintain a good connection, even with those closest to you.

Communication is a two-way street, and you'll see the most success when everyone involved makes an effort to communicate effectively. Even when others miss the boat, though, strengthening your own communication skills will go a long way toward beneficial interactions.

Keep these tips in mind as you strengthen your communication skills:

Be flexible and open. Even if it's not the most convenient time for you, **strive to be there for your loved ones when they want to talk.** It's important for them to feel comfortable sharing their thoughts and feelings with you.

When it's possible, prepare what you're going to say. Sometimes communication breakdowns happen simply because you don't say what you mean. This happens more often than you think! Thinking it through before you speak ensures that you send the message you intend.

- Even in the middle of a conversation, take a moment to plan what you're going to say next *before* you say it.

When the words come out wrong, it's okay to stop and say: *Wait a minute, that*

didn't come out right, this is what I meant to say.

Be a good listener. Learning how to effectively listen is a full fifty percent of the battle. You can be great at speaking, but if you don't understand others, the skill may be useless.

You can strengthen your listening skills by just paying closer attention when others are speaking. Allow them to finish their thoughts before you speak again.

Avoid jumping to conclusions. Jumping to conclusions leads to communication complications. You might be assuming something that isn't even true. It's important to find out your loved ones' true thoughts and feelings and clarify yours as well. Knowing the whole story can save people from getting hurt by incorrect assumptions, yourself included.

Be understanding. Sometimes you'll hold yourself and your loved ones to higher standards than you expect from others. **Remember: no one is perfect, including you.** If someone makes a mistake, explain to them that it's okay.

Avoid holding a grudge because it will only cloud your communication efforts with negativity and tension.

Be willing to compromise. Strive for the wisdom to recognize the difference between what you

need out of a situation and what you want. The best solutions allow everyone to walk away from the situation satisfied with the outcome. It's not about winning an argument or proving a point. It's about creating a win-win solution. A successful compromise is one in which each party gives a little.

Practice your skills. Good communication is a skill that you can always strengthen. Relationships between people are ever changing and there's always something new that you can learn.

Be willing to continue learning how to better communicate with your loved ones. This exploration may enable your relationships to go that much deeper because you care enough to keep trying.

Use "I" statements. Say *I feel* instead of *you make me feel*. When you say *you make me feel*

the other person feels judged and defensive. When you say *I feel*, the other person will be more open to hear what you are saying.

Remember that you should never be afraid to speak up when you're talking with your loved ones. They're not mind readers, and they deserve to know how you're feeling! Conversely, it's also important to be understanding and receptive to their feelings. Good communication can strengthen your bonds for a lifetime.



Meet Ellyn Enisman CEC, LMSW–Coach, Counselor, Wife and Mother

You are both a counselor and a coach, how do you incorporate this into your practice?

Although counseling and coaching are two very different processes, incorporating them both into my practice has significant benefits for my clients.

Coaching supports personal and professional growth and development based on client – initiated change in pursuit of specific, actionable goals. It is very action oriented and solution focused and the emphasis is on action, accountability, and follow through.

Counseling on the other hand deals with healing pain and or conflict within the client or the client’s relationships. The focus of counseling is on resolving difficulties arising from the past which hamper a client’s emotional functioning in the present, improving overall psychological functioning, and dealing with present life and work circumstances in a more emotionally healthy way.

Whether I am working with individuals, couples, families, or groups, being able to incorporate my training and experience as both a coach and a

counselor allows me to help my clients successfully navigate challenges, establish more satisfying relationships, resolve conflicts, and become more successful in their personal and professional lives.

What brought you to Riverview Psychiatric?

I have always believed that a team approach is the best way to help clients accomplish their goals and achieve optimum emotional wellness. Research shows that counseling and medicine together has the best outcomes for clients. I joined Riverview Psychiatric because of its philosophy in the team approach to the client’s wellbeing. At Riverview Psychiatric, I am an integral part of the team with Dr. Pardell and the Nurse Practitioners and we are all focused on collaborating with our clients and helping them to navigate the challenges they face in life and work to achieve their desired outcomes.

Tell me about your book, *Job Interview Skills 101: The Course You Forgot to Take*

Most of the books written about how to interview are written for the experienced

professional. The new college grad has little experience other than an internship or two and doesn’t really know how their knowledge, skill, and experiences have prepared them for the specific positions for which they are interviewing. They get little training/coaching before graduation and as a result they go from interview to interview without success and are oblivious of the mistakes that they make during the interview process. This book changes that. In essence, it brings quite a bit of my program to the public. It has already been helping students and new grads improve in their interview skills. It is available on my website jobinterviewskills101.com, amazon.com, and barnesandnoble.com.

Outside of career coaching and social work, what are some of your favorite hobbies?

I love to cook and entertain, hike, and go to cycle class.

Are you married? Do you have any children?

I am married and have two beautiful daughters who are both in the teaching profession.



“I have always believed that a team based approach is the best way to help clients accomplish their goals”

There has been much debate occurring in the current media, internet sites, government regulatory agencies and within medical societies across the country about the relationship between pharmaceutical and medical device industries (Industry) and medical practitioners. The issue stems from the influence that Industry has on research, medical practitioners prescribing practice and the care of their patients. There is a belief that Industry is only concerned about the bottom line of making money and that they unduly and negatively influence researchers and medical

practitioners to the detriment of patients. In my over 20 years of psychiatric practice, in my capacity as Program Director of the Mid-Hudson Psychiatric Society and Faculty Speaker over the past 10 years for a number of pharmaceutical and medical device companies, I have spent much time in discussions with Industry representatives, manage-

ment, medical scientists, and other faculty associated with the pharmaceutical and medical device industries. My personal observation has been that Industry has at times acted by thinking of profits first, but has responded to these cases and has become highly concerned about ethics. More importantly, Industry has the mission to create products that positively influence public health and quality of life and to disseminate the latest information and technology to physicians, medical professionals and the public throughout our region and country.

As a democratic, free market society, we have to encourage investment and research by Industry in partnership with the medical professions. Industry needs the incentive to create and market their products within appropriate FDA regulations and corporate ethics. The majority of new medical research is being sponsored or developed by Industry which has the purpose of innovating products that improve our nation's health and quality of life while still making a profit for their shareholders. If Industry is regulated to the point, or professional societies, academic medical centers or medical practices prevent Industry access to their clinicians to inform about new products, then clinicians will no longer be current about the latest technology and will have to forage the information in the internet or CME talks rather than learning from faculty speakers or trained representatives. This will worsen the quality of care of our patients and Industry will lose the incentive to create new products. As we continue to lose market share of manufacturing to globalization, the American pharmaceutical and medical device industries are still world lead-

ers. Our country needs to encourage these companies to continue to innovate and to be a creative force of science and technology. If we over-regulate and use scare tactics to prevent Industry and medical profession from continued advancement then we will lose the ambition to invent and develop new lifesaving products. These acts will propel us into becoming a second rate intellectual power and will continue our descent in global prominence. Already, I am seeing that academic clinicians at major teaching hospitals that have restricted access to Industry representatives or faculty speakers by their academic departments or state medical societies are not getting the experience with new products or technologies which affect their ability to treat patients progressively.

I am proud to be a Faculty Speaker for the following companies: **Lilly, Astra Zeneca, and Neuronetics**. In that capacity, I attend FDA supervised faculty programming that educates and provides the most up to date information about the medications, technology and conditions that I lecture on. I have had the opportunity to travel throughout the country to educate fellow physicians, mental health practitioners and the community about emerging science and technology. These scientific meetings help innumerable medical practitioners and patients learn about the latest developments in medical practice in an informative and lively exchange. I receive honoraria and travel expenses in reimbursement for my time, preparation and expertise.

Sincerely:

Randy Ian Pardell MD DFAPA

