



COUNCIL FOR RELATIONSHIPS

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AS THE OLDEST MARITAL TRAINING CENTER IN THE USA, WE ARE THE DIVISION OF COUPLE AND FAMILY STUDIES, DEPARTMENT OF PSYCHIATRY AND HUMAN BEHAVIOR, THOMAS JEFFERSON UNIVERSITY MEDICAL COLLEGE.

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LINK



2 DAYS AGO | TAGS: [NEW STUDY](#) [TEXTING](#) [TEENAGERS](#) [JOBS](#) [ETIQUETTE](#) [MEN AND WOMEN](#) [PARENTS](#)

[AOL.COM: WHAT TEXTING TEENS DON'T KNOW -- BUT NEED TO -- ABOUT BUSINESS ETIQUETTE](#)

"Hi QT. Hope ur hvn a GR8 day! RU coming out 2nite? TML so we can goss. TTYL!"

While you might be scratching your head trying to decode that sentence, it's an example of what a typical text message written by a teenager might look like. Texting has become the main form of communication for many teens, according to a [study by the Pew Internet Research Center](#). The study found that U.S. teens are talking on landlines and cell phones less, using smartphones more, and averaging 60 texts a day. Many are so hooked that they can't even get through a class without sending a text message; a [University of New Hampshire study](#) found that 65 percent of college students surveyed are sending around one text message per class.

Helping To Ease The Communication transition

Since texting has yet to become the norm, or even an acceptable practice, during the job-search process, some college students nearing graduation may need a little help adapting their communication skills for the business world.

Recognizing this communication gap and knowing that those new to the working world will be faced with fierce competition for jobs, college-to-workforce transition training is gaining in popularity.

Lynne Sarikas, executive director of the MBA Career Center at Northeastern University, says that their students can take courses on anything from business etiquette to dressing for success. Students also have the opportunity to meet with employers to talk about common workplace expectations for communication styles, work ethic and on-the-job behavior.

"Employers still highly value communications skills — both oral and written — and expect students to perform in that environment," Sarikas says. "One of the critical aspects in addressing the gap is to manage expectations. It would be wrong to chide students for inappropriate behavior if they are never told what constitutes appropriate behavior."

Elizabeth Venturini, founder of the college career-strategy organization Scholasticus, also saw the need to help young adults who have moved toward less real conversation and more technology-driven communication. She recently rolled out a workshop called Charm School for the College-Bound to educate students on the importance and essential skills of business etiquette.

"Etiquette matters more than ever in today's technology-charged society," Venturini says. "In an age when it is second nature for so many young people to text [rather than] talk, knowing business etiquette is critical as they prepare for college and future employment."

[Click to read the full article](#)

ARE YOU FEELING UNEASY ABOUT ALL THIS GUN VIOLENCE?



3 DAYS AGO | TAGS: **GUN VIOLENCE** **TRAGEDY** **THERAPY**

We are too. These kind of tragedies can be hard to process. Between the [shooting at the movie theater](#) in Aurora, CO and the [shooting at the Sikh Temple](#) in Oak Creek Wisconsin it's easy to be afraid or angry or confused.

If you feel like talking to someone about it, CFR will listen. You can call us anytime: 215-382-6680 or search for a therapist online: www.councilforrelationships.org

LINK



5 DAYS AGO | TAGS: **TRENDS** **TODDLERS** **GIFTS** **MEN AND WOMEN** **PARENTS** **DOROTHY THOMAS** | NOTES: 1

PHILLY.COM: TODDLER GIFT REGISTRIES--CONVENIENT OR TACKY?

As a mother of two young children, Bay Staley is used to the steady stream of kids' birthday party invitations. But one recent invite left her flabbergasted when the parents of a soon-to-be 2-year-old listed information about their toddler's birthday gift registry at a local toy store.

"It was pretty jaw-dropping to me," said Staley, who blogs about parenting and saving money at queenmotherblog.com. "A birthday party should be about spending time with your friends and having fun - not so much expecting to get gifts. Every part about it just seems wrong."

Despite her misgivings, Staley, who lives in Burlington, and her children attended the party - and took along a Mrs. Potato Head toy complete with accessories that was on the preapproved list of goods, some of which were outside her price comfort zone.

"I don't know why I felt pressure to buy something off the registry when I was so 'eww' about it, but I did," she said.

For decades, wedding and baby shower registries have helped couples establish their homes together and collect the necessities for a newborn. Now birthday boys and girls can specify their penchant for Disney princesses or Star Wars Legos, creating online "wish lists" at Amazon, Target, or Toys R Us or using free Web services such as Bitzue and TheThingsIWant.com, where they can stuff virtual bags with anything they want from practically any online site and then share these requests electronically with family and friends.

In an age when etiquette experts tell brides to keep registry information off a wedding announcement, it can be jarring to see such a request on a toddler invitation. But now that families are perhaps busier than ever, proponents say kids' registries make shopping faster and more convenient, taking the guessing out of the process for well-intentioned but clueless gift-givers. They also can help make sure kids get what they will actually play with instead of unwanted presents that just add to the clutter or create a hassle for parents who have to return them.

"I have a toddler girl and didn't even know where to start for a gift for a friend with a little boy, so I asked if she had an Amazon wish list," said Sarah Bond, a 30-year-old Ardmore mother of two, who is publisher of Main Line Parent magazine. "It seemed like a practical request, but it completely caught her off-guard."

Birthday gift registries also take away from the joy of gift-giving - choosing a heartfelt present and watching the recipient's happiness as it's opened, said **Dorothy Thomas, a licensed marriage and family therapist at Council for Relationships in University City.**

"Maybe the child needs a size-10 jacket, but you see a bug box that says you've really thought about this kid," Thomas said. Registries take "the creativity and relational part out of giving a gift."

Thomas said this trend is perhaps symptomatic of our modern need to try to exert control over every aspect of our lives. "The illusion that we can actually control all things can creep even into children's birthday parties," she said. "I do think it's a comment on the busy schedule we all try to keep, and it's especially hard for young parents to sort out what's really meaningful for their kids."

[Read the full article here](#)

LINK



1 WEEK AGO | NOTES: 813

COUNSELLING BLOG: HOW TO BE POPULAR

[onlinecounsellingcollege](#):

HOW TO BE POPULAR

1. **Don't try to be popular** – Try and be natural around other people. Don't seek for approval or try to impress.
2. **Think about others, and not just yourself** – Listen to others, be kind, considerate, and don't only talk about yourself and your life.
3. **Be generous and large-hearted** – Don't draw attention to others' mistakes; overlook small offenses and be ready to forgive. Also, appreciate everything that others do for you, and notice their hard work, achievements and success.
4. **Watch your ego** – No-one likes hanging out with a person who brags, or who thinks that they are better than everyone else.
5. **Work on your sense of humour** – Don't take yourself too seriously. Just laugh at your mistakes, and any stupid things you say. Also, try to brighten others' day, and put a smile on their face (but be careful not to bore them with a list of corny jokes!)
6. **Quietly focus on character** – People are attracted to those with character ... so influence by example; let your life speak for you.

Source: [onlinecounsellingcollege](#)

VIDEO



1 WEEK AGO | TAGS: [SMILING](#) [HEALTH BENEFITS](#) [NEW STUDY](#) [MEN AND WOMEN](#) [EDD CONBOY](#)

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Smiling Can Improve Your Health: Carol Erickson talks to CFR's **Edd Conboy** about a new study that shows the smiling can decrease stress and lower heart rate.

CBS 3 July 2012

LINK



1 WEEK AGO | TAGS: [MEN](#) [SEX](#) [OBESITY](#) [DISORDER](#) [HEALTH AND WELLNESS](#) [NEW STUDY](#)

EVERYDAY HEALTH: FOR MEN, WIDER WAISTLINE COULD MEAN TROUBLE IN THE BEDROOM

Obese men not only raise their risk for heart disease and metabolic disorders, but they may also boost their odds for sexual dysfunction and frequent urination, say researchers from New York-Presbyterian Hospital/Weill Cornell Medical Center, in New York City.

“The findings demonstrate that obesity in men — part of a growing global epidemic — affects their well-being in profound ways,” study senior author Dr. Steven Kaplan, professor of urology at the medical school and chief of the hospital’s Institute for Bladder and Prostate Health, said in a hospital news release.

He said the findings highlight the notion that “we have to think of the body in a much more holistic way. What we eat can have devastating consequences on more than just our hearts. Quality-of-life issues, such as sexual and voiding health, can be affected as well in drastic ways.”

The researchers examined more than 400 men with lower urinary tract symptoms, such as more frequent urination during the day and at night. The men ranged from 40 to 91 years of age. Of these men, 37.5 percent had a waist circumference of less than 36 inches, about one-third had a waistline between 36 and 40 inches and 29 percent had waists larger than 40 inches.

Obesity also affected the men’s sexual health, the study revealed. After surveying the men, the investigators found that about three-quarters of those with the largest waists experienced erectile dysfunction and 65 percent had problems with ejaculation.

But as obesity lessened, sexual function improved. Erectile dysfunction was only reported in half of the men with 36- to 40-inch waists, the researchers noted, and only 40 percent of the men in this group also experienced problems with ejaculation.

Of the men with the smallest waists, 32 percent reported erectile dysfunction and 21 percent had problems ejaculating, the survey indicated.

[Click to read the full article](#)

LINK



1 WEEK AGO | TAGS: [NEW STUDY](#) [MINDFULNESS](#) [MEDIATION](#) [MEN AND WOMEN](#) [ELDERLY](#) [STRESS MANAGEMENT](#)

HUFFINGTON POST: THE BENEFITS OF MINDFULNESS MEDITATION FOR THE ELDERLY

Loneliness among the elderly has been linked with a multitude of health problems — including heart risks and even a higher risk of premature death. But a small new study is shedding some light on a tool that could help combat loneliness among this age demographic: Mindfulness meditation.

The study, published in the journal *Brain, Behavior & Immunity*, shows that eight weeks of training in mindfulness meditation is linked with decreased loneliness.

The study included 40 participants between ages 55 and 85, some of whom participated in the Mindfulness-Based Stress Reduction program. People who participated in the program were also asked to do meditation exercises at home for a half-hour every day, and to go to a meditation retreat for one day.

Plus, the researchers from Carnegie Mellon University found that mindfulness meditation had positive effects on the study participants’ health, too.

“Reductions in the expression of inflammation-related genes were particularly significant because inflammation contributes to a wide variety of the health threats including cancer, cardiovascular diseases and neurodegenerative diseases,” study researcher Steven Cole, a professor at the University of California, Los Angeles, School of Medicine, said in a statement.

Aside from alleviating loneliness, mindfulness meditation has also been shown in past research to have positive effects on the brain — linked with brain changes that may even have effects against mental illness, according to a recent *Proceedings of the National Academy of Sciences* study.

As it just so happens, CFR offers a Mindfulness Stress Management Class to the public. If you’re interested in learning more about our programs, check out our website: <http://www.councilforrelationships.org/classes/stress-management.shtml>

LINK



2 WEEKS AGO | TAGS: [TEENAGERS](#) [SEXTING](#) [NEW STUDY](#) [MEN AND WOMEN](#) [PARENTS](#)

EVERYDAY HEALTH: NEW STUDY SHOWS ALARMING RATES OF TEEN SEXTING

An alarming study from University of Texas Medical Branch in Galveston found just how widespread sexting has become. In a survey of 948 Houston teenagers in 10th and 11th grade, researchers found that over 25 percent of survey participants had sent naked pictures of themselves via email or texting.

Importantly, the study, which was published in the Archives of Sexual Behavior in June 2012, also found a link between sexting and other risky sexual behaviors. The researchers found that teenagers who sexted were more likely than their non-sexting peers to have engaged in sex. This link was especially startling among the young teenage girls in the survey. The young women who sexted were more likely to have risky sex and numerous sexual partners, and they were also more likely to use alcohol or drugs before sexual encounters when compared to their non-sexting female peers.

Sadly, many of the survey respondents (both male and female) reported that they had been pressured by peers "at least a little bit" to send a naked photo of themselves. Research findings such as these are crucial because they help to show parents and educators where we most need to focus our efforts and where the temptations and potential pitfalls for teenagers lie. Clearly, it's time for information on the risks of sexting to become part of our sexual education curriculum, and it's also time for parents and teachers to talk to kids about how to resist peer pressure when it comes to sexting. We need to arm them with tools and resources to help fend off requests for nude photos, as well as what to do if someone tries to pressure them or if someone is circulating nude pictures of another student.

It's also important to focus on the possible link between sexting and other sexual behaviors. Sexting seems to be a sign that teenagers are beginning to engage in other sexual activity, and, as evidenced by this study, much of this behavior is risky and potentially dangerous to a child's health and well-being. Hence, if parents have concerns about their teen's sexting or evidence of such behavior, it could also be a sign that other sexual activity might be at play. That's why it is so important to take teachable moments and studies such as these to talk to teens about sexting and the risks of engaging in sexual activity before one is prepared on a physical and emotional level.

VIDEO



2 WEEKS AGO | TAGS: COLORADO GEORGE JAMES TRAGEDY MASS SHOOTING MEN AND WOMEN MENTAL HEALTH

NBC's Dawn Timmeney sat down with Temple University psychologist Dr. Frank Farley and CFR's George James as they analyzed the behavior of movie theater massacre suspect James Holmes.

NBC10, July 20, 2012

VIDEO



2 WEEKS AGO | TAGS: GEORGE JAMES MASS SHOOTING TRAGEDY COLORADO MEN AND WOMEN

George James sits down with Jillian and Bill to talk about the tragic shooting in Aurora, Colorado, what might have been going through the shooter's mind, and how to talk to your children about the mass shooting.

NBC's The Ten Show! July 20, 2012



A THEME BY GOROBOTO