

FOCUS On... Listening

FOCUS stands for Families OverComing Under Stress. FOCUS is a six- to eight-session training program for military families or couples that is grounded in more than two decades of research and experience serving families dealing with stress and changes. FOCUS is specifically adapted for the needs of military couples, children and families and provides training in core resilience skills. These skills increase closeness, support, communication and adaptability. Couples and families learn to work together to manage difficult emotions, set goals and problem solve, communicate clearly and effectively, and develop customized strategies to deal with ongoing stress and change.

Active listening is a communication technique, taught in FOCUS, that helps couples and families better understand each other. Using this strategy can help others feel supported and cared for.

Strategies that demonstrate active listening include:

- Taking turns when talking
- Nodding and making eye contact
- Putting away all distractions

Active listening helps show others that they are valued. It also aids in problem solving by helping build an understanding of the other person's feelings and how they are related to his/her behavior.

To learn more about how skills like Active Listening help couples feel more connected, including all the other services available to from FOCUS, contact:

FOCUS MCAS Miramar

(858) 577-1607

miramar@focusproject.org

FOCUS (Families OverComing Under Stress) is a resilience-building program of the Department of Defense. The FOCUS program is designed for military families, couples and children facing ongoing stress and change. FOCUS promotes family strengths and supports adults and children to help manage the challenges of military life.

For more information about FOCUS, visit us online at www.focusproject.org or www.facebook.com/FOCUSresiliencytraining