

# PAUQUETTE NEWS

The Pauquette Center for Psychological Services Newsletter

February 2016

## How High is Your EQ?

EQ stands for Emotional Intelligence Quotient, a different concept than the more commonly known IQ. IQ, or Intelligence Quotient, is a mathematical description of your ability to learn concepts and solve problems. EQ, on the other hand, is the overall ability people have to know and control their own emotions, as well as recognize and effectively respond to the emotions of others.

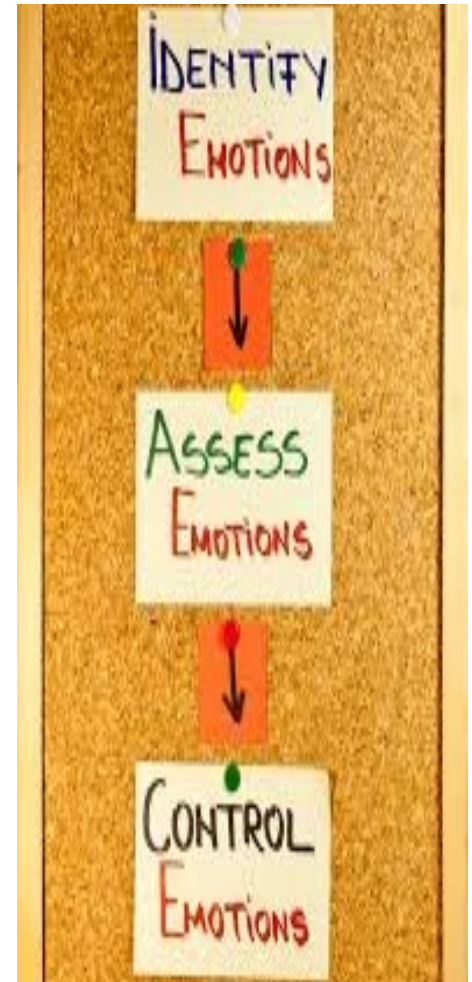
Having a solid EQ helps you find success in the workplace and happiness in your personal life. While some people seem to just naturally develop emotional intelligence skills, everyone can increase their abilities in this area.

Research over the past 25 years has shown that having good emotional intelligence skills helps you overcome difficult situations, express yourself clearly and warmly, say the right thing at the right time, build better relationships, control your emotions so that you don't do things out of anger or other strong emotions that you later regret, and resolve conflicts with others. Those who work to learn the skills of emotional intelligence report increased satisfaction in their couples relationships, more effective parenting, better relations with bosses, coworkers and employees, and improved sense of well-being overall.

The nuts and bolts of emotional intelligence include becoming more mindful or aware of your own emotional states when they are happening. Do you know when you are feeling anxious as opposed to irritated? Can you tell when your emotions are spilling over into your behavior, such that it is the anger or impatience talking, rather than what you yourself want to say? A second major skill in the realm of emotional intelligence is the ability to maintain a positive outlook, and to motivate yourself toward positive actions, particularly in the face of setbacks. Finding ways to stay hopeful, to keep working toward important goals even if only a little bit at a time, help people turn the most difficult situation around.

Empathy is a major part of the emotional intelligence skill set. Can you put yourself in someone else's shoes? Even if you do not like the other person, or disagree with their behavior? Developing your empathy helps you reach out to others more effectively, and will help you get along with all of the people who are part of your life on a daily basis. Emotional reasoning is the next skill in the emotional intelligence tool box. Can you use your emotions wisely to help you think things through and make decisions? Emotional reasoning involves the combination of thinking and feeling, not the use of one at the expense of the other. The final skill comprising emotional intelligence is effective communication, the ability to get your message across such that the other person really hears what you are saying, rather than just reacting to your tone.

All of these EQ skills can be developed and improved with coaching and conscious effort. If you would like to increase your EQ, call the Pauquette Center today. Our skilled therapists have devoted their careers to honing their own emotional intelligence, and can work with you on developing these abilities as well. More satisfaction in relationships and in life is just around the corner! *Written by: Jocelyn Miller, PHD*





## Pauquette offering more group therapy

Group therapy is an important part of a comprehensive, multi-modal treatment plan. Group therapy is a unique experience, helping participants build trust in others, learn that they are not alone in facing certain types of problems, and build coping skills. The Pauquette Center is now offering several different types of group therapy at 3 of our 6 locations. Dialectical behavior therapy (DBT) is offered in Portage and Baraboo; DBT group is a 12-week program teaching specific skills to help either teens or adults learn to manage their emotions better and reduce problematic behaviors such as self-harm. Also available in Portage and Baraboo are addiction recovery groups, helping people at all stages of establishing sobriety learn the skills they need to keep drugs or alcohol from dominating their lives. The Pauquette Center - Portage offers a domestic violence group for those whose conflicts with their significant others have reached a physical level, and who would like to learn new ways to manage their anger and work through disagreements. The Pauquette Center - Richland Center offers a women's group, in which women can work together to share feelings, provide each other with emotional support, and build strength to face the challenges in their lives. Group therapy is covered by many insurances, please feel free to contact any of our locations and we will be more than happy to check on benefit coverage for you, we also offer a self-pay rate. If you would like to try group therapy for yourself, or feel that your teenager would benefit from DBT group, please call the appropriate Pauquette location today.



Check out our

Facebook page:

- ◆ Weekly tips and strategies on mental health, wellness, and parenting
- ◆ A new focus every month

OR go to our website at [www.pauquette.org](http://www.pauquette.org)



## Pauquette hires new therapists, now offers services in American Sign Language

*The Pauquette Center has welcomed several new therapists in the past 3 months, including Lynn Hoornstra, LPC, CSAC; Sue Larson, LPC, CSAC; Tammy Clouzet, LPC; and Renee Vanden Heuvel, LPC-IT and SAC-IT. Renee VandenHeuvel speaks American Sign Language fluently, and can offer services to Deaf persons and their families in the Baraboo office. Kara Hall, APSW; Eva Balfanz, LPC; Amy Gasser, LCSW; and Eric Johnson, LCSW will each be joining The Pauquette Center in February, March, and May 2016. We are very pleased to welcome each of these new mental health professionals to our practice, expanding our capabilities to serve the community in each of our 6 locations.*



### PAUQUETTE CENTER FOR PSYCHOLOGICAL SERVICES LOCATIONS

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