Transforming People Problems

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Omega Graduate School

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Professor

Dr. Brenda David

Assignment #1 – Core Essential Elements

1. Select One (1) Core Essential Element from the Syllabus Outline:

a. Create a 350-word original discussion paper (with cited sources) during the week

of the residency. Be prepared to discuss and engage with other students during

the live sessions. Post this document in DIAL.

b. Professor will check for quality of content and word-count requirements. Grade

assigned will be Credit or No Credit (CR/NC).

Core Essential Element: Communication and Conflict Resolution

 As leaders within our professional areas of practice, how we communicate our thoughts and beliefs to another person or group can result in helping or hurting, as this author has learned through personal experience. Indeed, it is incumbent upon leaders who desire to bring about positive social change to learn how to effectively communicate with others in order to prevent misunderstandings, feeling judged, criticized, or, worse, triggering someone who has an unresolved past trauma.

 Such was the case when speaking on the topic of abortion to a group of mental health professionals. This author learned through that experience that when presenting on such a sensitive topic, more preparation is required to avoid harming others and to instead improve overall well-being and human flourishing. Additionally, because abortion is a highly controversial topic with differing worldviews, conflicts arise, and conflict-resolution skills are crucial for building bridges and easing tensions.

 For example, while speaking to an online group at a United Nations conference, this author experienced many women with the opinion that abortion was good for them, and through the online chat, it was apparent that what I was presenting was offensive. For example, one woman questioned my motive for presenting on the topic of moral injury and how it applies to abortion. Was this a pro-life strategy to control a narrative? While we cannot control how others feel or what they will say, we can control what we say, how we say it, and how we will react when conflicts arise. Indeed, conflict resolution is an area this author is excited to learn more about in this class.