

# **NCSCA ANNUAL CONFERENCE 2009**

## **WHAT'S LOVE GOT TO DO WITH IT?**

**JOANNA REFVEM, LPC**

**Understanding the integral role love and belonging play in effective communication and mental well-being.**

- A. Theoretical Foundation: Use of Choice Theory**
  - a. Basic Needs**
  - b. Quality World**
  - c. Total Behavior**
  - d. Habits of Communication**
  - e. Key Concepts**
- B. The Five Love Languages**
  - a. Words of Affirmation**
  - b. Acts of Service**
  - c. Quality Time**
  - d. Receiving of Gifts**
  - e. Physical Touch**
- C. Self Assessment**
- D. Speaking the Love Languages**
- E. Case Studies – test your knowledge**
- F. Focus on Teens**
  - a. Love and Anger**
  - b. Love and Independence**
  - c. Love and Responsibility**

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## Self-Assessment

Listen to each question. Circle the appropriate answer. Total your score.

- |     |   |    |   |
|-----|---|----|---|
| 1.  | A | or | E |
| 2.  | B | or | D |
| 3.  | C | or | B |
| 4.  | D | or | E |
| 5.  | E | or | C |
| 6.  | B | or | E |
| 7.  | C | or | A |
| 8.  | E | or | A |
| 9.  | B | or | C |
| 10. | A | or | D |
| 11. | B | or | A |
| 12. | D | or | E |
| 13. | A | or | C |
| 14. | B | or | E |
| 15. | A | or | D |
| 16. | E | or | B |
| 17. | D | or | C |
| 18. | A | or | B |
| 19. | E | or | D |
| 20. | D | or | C |
| 21. | B | or | D |
| 22. | C | or | A |
| 23. | C | or | D |
| 24. | B | or | C |
| 25. | D | or | B |
| 26. | E | or | C |
| 27. | A | or | B |
| 28. | C | or | E |
| 29. | D | or | A |
| 30. | E | or | A |

A: \_\_\_\_\_ B: \_\_\_\_\_ C: \_\_\_\_\_ D: \_\_\_\_\_ E: \_\_\_\_\_

A=Words of Affirmation; B=Quality Time; C=Receiving Gifts; D= Acts of Service;  
E= Physical Touch

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## References

Chapman, Gary, 1992, 1995, 2004. The Five Love Languages. Chicago: Northfield Publishing.

Chapman, Gary, 1997, 2005. The Five Love Languages of Children. Chicago: Northfield Publishing.

Chapman, Gary, 2000, 2005. The Five Love Languages of Teenagers. Chicago: Northfield Publishing.

Glasser, William, 1998. Choice Theory: A New Psychology of Personal Freedom. New York: Harper Perennial, Division of Harper Collins.

Glasser, William, 2000. Counseling With Choice Theory: The New Reality Therapy. New York: Quill, Division of Harper Collins.

For More Information:

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*Power Point will be posted to the Choices website within one week.*

Notes:  
(more room on back)