



Prairie View

For Immediate Release

Prairie View, Inc. – 1901 E. First St. – Newton, KS 67114

Contact: Sara Cook
Director of Communications

February 18, 2009
316-284-6381

Kopper Receives Certification; Only Nonprofit Trainer in Area

Newton, Kan. – Give him 45 minutes and Ryan Kopper, a recreational facilitator at Prairie View, could probably tell you more about yourself than you could tell him.

Kopper recently gained certification in the Process Communication Model (PCM[®]), a model for enhancing effective communication developed by Taibi Kahler, Ph.D. Kopper, the only non-profit trainer in the area, is now qualified to lead seminars and teach others about PCM[®], which seeks to improve communication.

“Ninety percent of our communication is miscommunication,” he said. “So if we can increase that by at least 30 percent, we’re going to be more effective. It will also enhance our ability to take care of ourselves so we can continue to communicate more successfully, therefore, getting our needs met more frequently.”

Based on an online personality assessment, PCM[®] assigns varying degrees of six personality types, revealing the participant’s basic psychological framework. The assessment asks questions about tasks that feel comfortable, perceptions of the world and how a person responds to the world while in distress. An accurate profile is generated, based upon the person’s answers.

“People are influenced by these six different perspectives, and these perspectives expose psychological needs, motivators, and behaviors under stress,” Kopper said.

In addition to the six perspectives, there are three degrees of distress.

“First degree distress is pretty nonconsequential, meaning we go in and out of first degree hundreds of times a day and we don’t notice it. A driver is what happens when our perspectives shift,” he explained.

“When I’m healthy, Taibi said, ‘I’m okay, and you’re okay.’ When a driver happens, the okay-ness becomes conditional. With two of the personality types, it’s ‘I’m okay, you would be okay if...’ With the other four, it’s ‘You’re okay, I would be okay if...’

“Now, on second degree, the okay-ness goes out the window. ‘I’m okay and you’re not. I’m right and you’re wrong.’ The farther into distress we go, the harder it is to discern our awareness of our own needs because we’re trying so hard to get them met. It’s happening in a negative way.”

Oftentimes, Kopper is asked if people are boxed into a personality type after taking the PCM[®] questionnaire and can only function a particular way. That’s not the case, according to him.

“Everybody has all six perspectives. All six of them are arranged differently.”

In all, there are 720 combinations of perspectives, and everyone has a different amount of energy in each one. Once a person’s personality perspective is identified, it shows how he or she is motivated.

It’s this information and so much more that Kopper teaches – and uses on a daily basis in his own life.

“There are so many instances where I have understood my wife’s needs and motivators, and vice versa, and it has saved us a lot of grief. I understand my wife’s need for time structure [and] order. When she shows me what she accomplished in a day, I understand that it’s incredibly important that I recognize her work. She also recognizes my need to share opinions and have fun.

“Through the PCM[®], I understand why the people in my life do what they do. It keeps me from jumping to conclusions and aids in conflict resolution. I can understand their perspective better than I have in the past. More than anything, I can look back over my own life, my experiences, and I understand what was behind some really painful times. These things make sense now. The PCM[®] has cast all these events in a brand new light, a positive light.”

The one- or three-day seminars are useful for all people interested in effective communication, including education, business or church groups.

“I can teach the PCM[®] to our clients and staff here at Prairie View and also people who are not affiliated with Prairie View whatsoever,” Kopper said.

The seminars are flexible for each group’s needs, taking into account schedules, venues, and group composition.

“It depends on who the audience is,” Kopper said. “We gear [the seminar] toward each audience.”

Kopper has already led two seminars, and his next one, to be held Friday, Feb. 20, will focus on the parent-child relationship.

“Inevitably, parents are going to walk out with an epiphany of, ‘Oh! I understand my kid now. That makes a whole lot more sense!’” Kopper said.

The next Process Parenting seminar will be held July 24. It is made possible by Communities in Schools of Harvey County, City of Newton, USD 373, Kansas Juvenile Justice Authority and Prairie View.

Prairie View is a private behavioral and mental health services provider, offering a complete range of behavioral and psychiatric services for children, adolescents, adults and older adults, as well as consultation services to businesses and organizations. In addition to the main campus, including outpatient offices and a psychiatric hospital in Newton, Prairie View has outpatient locations in Hillsboro, Hutchinson, McPherson and Wichita.