

# Communications

In academic circles, there are many definitions of the construct “communication.” Yet, most contemporary definitions share common themes within them, including:

- An active process where one person conveys a message to another through a variety of forms, including speaking, writing, or other non verbal cues.
- Communication may be intentional or unintentional
- That different levels of communication exist depending on the relationship between the sender and the receiver
- That it provides a means by which needs can be expressed from one person to another
- That communication attempts to in some way impact the behavior of the “other”

Our effectiveness in communicating with others requires an understanding of the environment, relationship to the other and how effective the symbols chosen for the expression of needs, wants, or perspective are in affecting behaviors.