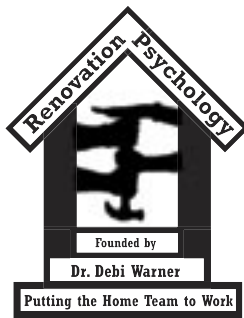




# **Renovation Psychology®**

## **Putting the Home Team to Work**



**By**  
**Dr. Debi Warner**  
**Founder of**  
**Renovation Psychology®**

Bloomington, Indiana: AuthorHouse



# **Renovation Psychology®**

## **Putting the Home Team to Work**

**by Dr. Debi Warner**

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And ~ enjoying a house call

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## **About Renovation Psychology's Founder and Author**

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Dr. Debi Warner has been seeing patients since she began advanced study in 1975. Beginning with well-supervised practice in the Clinical Psychology program at Bowling Green State University in Ohio, Dr. Warner went on to do her internship at the University of Rochester Medical School. Further postdoctoral study in Rochester prepared her for a well-varied career in clinical practice working with all age groups. She has helped children and families of all ages, with growth, parenting, and substance issues, trauma, abuse and recovery, attention deficits and learning disabilities, and has worked with domestic violence victims as well as their offenders.

Dr. Warner's style is warm and respectful and always builds on the client's strengths in each situation. She is able to explain important psychological concepts in common terms while enriching our understanding of applications for useful practice.

Dr. Warner has a long background in home renovation. Her father was a wallpaper designer and involved her as a child in helping him hang wallpaper each time he launched his new line of designs. Perhaps nurturing Dr. Warner's interest in building, while growing up, her family had a long-term renovation project converting their 200-year-old barn into an art studio. As a pre-teen, young Debi came home after school and watched the carpenter as he took the massive walls apart and carefully crafted new partitions and structures, seemingly out of thin air. Many questions later, young Debi developed a deep appreciation for building methods, their logic, and for the people who do such work.

In her own homes, Dr. Warner, with family, has renovated two kitchens, three bathrooms, many windows and doors, added a 4,000-square-foot addition, and plumbed heating and supply lines for all of that. She has tiled endlessly (they offered her a day job at the tile store) and pulled a mile of wire (really). Her curiosity does not wane as she reflects on the experiences of these projects and applies her clinical eye to real life.

Together with husband Mike, Dr. Debi Warner seeks to balance productivity and fun, learning and love. She never tires of stopping at salvage stores, and keeps a large-scale pad of graph paper as the essential element of her desk. (There's always another project brewing; so, keep 'em coming... )

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## Illustration Credits

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## Legal stuff

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This book and the interactive website are brought to you by Dr. Debi Warner of Renovation Psychology®. You may enjoy this book for helpful insights and suggestions for a good renovation experience and a happy home. This book offers suggestions based on the blending of numerous areas of currently available information. There is no guarantee expressed or implied about the effectiveness of these or any procedures or recommendations in this book or on the website. This book and the website do not constitute a doctor-patient relationship between you and Dr. Warner, as this information is shared solely for your edification and is intended to be used or modified using your own discretion and best judgment for your own particular situations and circumstances.

Although this book comes from many years of experience, the lessons are gleaned through the synthesized conceptualization of these experiences and are original in content. No one's particular stories (except my own) have been recorded here. Patient confidentiality has been maintained in all examples; any resemblance of my patients' circumstances to any of these stories is purely methodological and a good example of how commonly we face these issues in our home lives.

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You may contact the author through the website at [RenovationPsychology.com](http://RenovationPsychology.com)

## **My wish to your Home Team**

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I have seen many families over the years and have wished that someone would provide this sort of practical advice and perspective so that people could more easily and freely love each other and enjoy the sharing of their gifts. This book tells many of the insights I have shared and been taught by many people over the years. I hope you enjoy this accumulated wisdom and can circumvent some of the difficulties many others have endured to reveal these lessons over time.

I hope that you see your partner in a new light - clearly and lovingly with the reading of this book and the application of the principles and exercises. Please be creative and use your own imaginations as you apply these ideas. It is not possible to write each exercise precisely fitting each family (& *there are more customized ideas on the Renovation Psychology® website*), but you can allow the new outlook described here to open your thinking and come up with similar versions of these methods to suit your family as you know best.

Please be venturesome. You will benefit and so will your partner and family. Even though it might seem awkward or strange to consider even the prospect of psychology in your home renovation projects, it can be so rewarding in the improvement of the home as well as your efforts to build your house!

When you face a challenge - you will either stand still or grow. I pray that you grow strong as a family and are able to enjoy the love you have promised to each other!

Dr. Debi Warner  
Littleton

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## Register for Product Support

Registration is very helpful for you - there are many features online at our website that enhance your family's use of the ideas and tips from Renovation Psychology®.

Instructions: Once you purchase this book, you may register for product support. Have your purchase receipt on hand; visit our website at [www.Register.RenovationPsychology.com](http://www.Register.RenovationPsychology.com)

You may register one **Home Team** for each book purchased, and you may include all of your **Home Team** members!

## Renovation Psychology's helpful website has:

Q & A's with Dr. Warner

Quizzes with feedback and tips that relate to your own results

Discussion with others facing similar situations

Post your ideas and family improvement ideas!

### *Special topics -*

Virtual Picnic - Kitchen help recipes and virtual kitchen set up ideas

Critter Corner - help turning around negative team members

Children's idea net - safe ideas to get children cooperating and helpful!

Teen ideas and support - getting them involved and positive!

Home School corner - sharing ideas for curriculum for various projects

*You don't have to be a home schooler to take advantage -- these ideas are also good for developing special projects for school reports and papers that will be sure to please the teachers!*

### **& More!**

Opportunity to have input into the next release

Access to reviews and purchase of additional versions: Contractor's Edition, Spiritual Edition, and special programs

Special discounts on upgrades and new releases

Free monthly, quarterly or annual newsletters with new articles and hints

Free Updates for registered **Home Team** members

# ***How to Use this Book***

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## **How this guidebook works**

Keep this book handy. You may use it a bunch. Or, like any essential tool, you may study it carefully then use it only 15% of the time. It is a reference and resource book, a book to consult when you have an issue you don't otherwise know how to approach. It is interesting, even though you may not be in essential need of every bit of it. Think: How many parts of a dictionary do you use? But have you ever enjoyed hunting through your dictionary? Remember back in school, a couple of kids would be discovered buried in the dictionary, looking up exotic words, and they would be admonished for it. Well, you can look here, and not be scolded. Share this book with your partner and talk about it.

### ***Browse and learn***

You need not read cover to cover. Browsing and skipping around will give you a sense of the topics and an idea of where you may want to put some extra thinking for your own situation. People often forget to think about the family aspect of planning a project. Yet if you do take the time and give it thought, you can often make things much smoother, avoid costly mistakes and discomfort, and ensure success. So first – BROWSE!

### ***Print, highlight, share, communicate***

You may find it helpful to photocopy certain pages to write comments on and share with your partner or to use them to structure a discussion or task preparation. And also in the book, you can make notes in the margins – you can even use a highlighter for special items. Leave the book out in a place you and your partner both spend time. It will be read, even if out of curiosity. It will serve as a productive entree to communication and problem solving, and get both of your brains rolling to face your challenges and solve your situation's special problems.

### ***Do the exercises at the end of the chapters***

The suggestions at the end of the chapters provide some opportunities to personalize the concepts covered in each chapter. Although they do not delve into every point of the chapter, (there is more of that on the website) it can be nice to have an opportunity to prompt discussion with your partner from these suggestions and lists.

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### ***Make a copy of your family's picture and paste it in this book***

Earlier in these pages there is a place for a gift box and a picture of your family. Please find a picture of your Home Team and paste it in there - it will help you remember how this book is about you!

### ***Emotional word searches***

You can also search the Index by emotion words when you encounter a glitch. This can help point you to the right chapters. I have also put related emotion words in the topic areas of the chapters.

### ***What do you know?***

In this book you will find some things you already know, also new perspectives that you might otherwise not have considered. Psychology is an odd science, because most people already know so much about it just to get along in the world. Yet there is more to it than common sense. In this book, I have applied my lifelong career of psychology study to an area in which I have much practical experience – home renovation. I have certainly done many projects -- some well, some not. I have made mistakes just like any other homeowner. Yet, with my eye and experience, I have examined these home adventures and seen so many ways in which psychology can yield so much useful help for us as we jump into one of the most intensive family activities.

### ***Using the interactive website with this book***

This book is an introduction to the area of Renovation Psychology®. I have written it with the accompanying interactive website to take you even further in your quest for personal and family harmony and ways to get the home projects done. On the website you can take quizzes that help you define your strengths and your approaches, find more communication tricks to try for certain couple personality combinations, and you can even contribute your own ideas about how to tackle problems you have encountered and mastered. And -- There is a question & answer forum monitored by the Renovation Psychology® team.

I hope you truly enjoy this book and that it helps you and your family develop a wonderful team and finish your great projects.

***Wishing you enjoyable reading and a happy Home Team!***

***~ Dr. Debi Warner***