

# Publications & News

## Publications and Presentations

### **Candace Dellacona's Sandwich Generation Podcast Episode 8 Now Available**

December 8, 2023

Episode 8 of "The Sandwich Generation Survival Guide: Caring for Your Children, Your Parents, and Yourself" podcast is now available. In this episode titled "Communication Strategies in High Conflict Situations," [Candace Dellacona](#) discusses effective communication in high-conflict situations, particularly relevant to the Sandwich Generation dealing with family issues.

Candace emphasizes the pivotal role of communication across various aspects of life. She highlights a communication method called "B.I.F.F.," which stands for Brief, Informative, Friendly and Firm. She discusses the challenges of written communication, such as text messages, cautioning against blame, unsolicited advice, admonishments and unnecessary apologies to sustain a constructive dialogue.

Listen [here](#).

## Related People

- Candace Dellacona