

Nonviolent Communication: International Intensive Training

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Project Information

- I participated in a 10 day intense training in Nonviolent Communication (NVC), a process created by Marshall Rosenberg
- There was 50 participants from all over the world, all ages, and from all different backgrounds
- I interviewed participants and trainers to explore how NVC is being used in different settings
- In particular, I researched how NVC can be used within schools and prisons

Advice

- Be open to the unexpected!
- Design the experience you want!
- Be creative!

Skills

- Honestly expressing feelings and needs, understanding universal human needs, empathetically listening and responding, expressing gratitude, initiating difficult conversations, dissolving enemy images, transforming core beliefs

Outcomes

- I am currently integrating my new NVC skills at my field placement where I provide individual and family counseling
- Academic products: A paper reflecting and summarizing the experience and an upcoming workshop at the School of SW

The Process and Form of Nonviolent Communication

Clearly expressing how I am without blaming or criticizing	Empathically receiving how you are without hearing blame or criticism
OBSERVATIONS	
1. What I observe (<i>see, hear, remember, imagine, free from my evaluations</i>) that does or does not contribute to my well-being: "When I (see, hear) . . ."	1. What you observe (<i>see, hear, remember, imagine, free from your evaluations</i>) that does or does not contribute to your well-being: "When you see/hear . . ." <small>(Sometimes unspoken when offering empathy)</small>
FEELINGS	
2. How I feel (<i>emotion or sensation rather than thought</i>) in relation to what I observe: "I feel . . ."	2. How you feel (<i>emotion or sensation rather than thought</i>) in relation to what you observe: "You feel . . ."
NEEDS	
3. What I need or value (<i>rather than a preference, or a specific action</i>) that causes my feelings: ". . . because I need/value . . ."	3. What you need or value (<i>rather than a preference, or a specific action</i>) that causes your feelings: ". . . because you need/value . . ."
REQUESTS	
Clearly requesting that which would enrich my life without demanding	Empathically receiving that which would enrich your life without hearing any demand
4. The concrete actions I would like taken: "Would you be willing to . . . ?"	4. The concrete actions you would like taken: "Would you like . . . ?" <small>(Sometimes unspoken when offering empathy)</small>

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Location: Klint, Denmark

Lessons Learned and Future Use

- We all have the same universal human needs
- I learned how to connect deeply and vulnerably with others by communicate from the heart
- As a future clinical social worker, I see myself using NVC throughout my entire career

This poster was created for the Fall 2017 Global Social Work Poster Fair

Connections to Social Work

Interpersonal perspective:

- NVC is in direct alignment with clinical skills used in therapeutic relationships
- Learning how to listen for the feelings and needs underneath how we communicate
- Practicing responding empathetically and listening reflectively, instead of defectively
- Conflict resolution, mediation, counseling

Macro perspective:

- As a tool for Restorative Justice, intergroup dialogue, peace negotiations, community building
- NVC can be an empowerment tool for marginalized community members
- Teaching youth- creating positive cultures in schools

Nonviolent Communication Trainers

- I want to credit my immense learning to the amazing trainers at the workshop:
 - Jeff Brown, USA
 - Kirsten Kristensen, Denmark
 - Gina Lawrie, United Kingdom
 - Kathleen Macferran, USA

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