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

Skills

- Clearly expressing how I am feeling without blaming or criticizing.
- Emphatically receiving how you are feeling without hearing blame or criticism.

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

Location: Klint, Denmark

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

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

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

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