

Nonviolent Communication Fundamentals Class for Social Change Agents

**Co-sponsored by the Community Alliance of Lane County (CALC) and
the Oregon Network for Compassionate Communication (ORNCC)**

and

offered by Gary Baran, Certified NVC trainer

About Nonviolent Communication

*Imagine connecting with the human spirit in each person in any situation.
Imagine interacting with others in a way that allows everyone's needs to be equally
valued. Imagine creating organizations and life-serving systems responsive to our needs
and the needs of our environment.*

Nonviolent Communication (NVC) was developed by Marshall B. Rosenberg, Ph.D., a clinical psychologist and founder of the Center for Nonviolent Communication. The process of NVC helps connect us with what is alive in ourselves and in others moment-to-moment, with what we or others could do to make life more wonderful, and with an awareness of what gets in the way of natural giving and receiving. NVC strengthens our ability to inspire compassion from others and respond compassionately to others and ourselves. NVC guides us to reframe how we express ourselves, how we hear others and resolve conflicts by focusing on what we are observing, feeling, needing, and requesting.

(More information about Nonviolent Communication is available at www.cnvc.org.)

About the class leader: Gary has been a Certified Trainer with the Center for Nonviolent Communication for 18 years and served as executive director of the Center from 1998 until 2006; a Professor Emeritus of Philosophy; a California licensed Marriage and Family Therapist (inactive); and a member of the Board of Directors of the Oregon Network for Compassionate Communication. For the last three years he has been part of a team of volunteers teaching Nonviolent Communication to inmates at the Oregon State Penitentiary in Salem.

About the class:

Dates: Every Monday evening for 12 consecutive weeks, except for the first Monday of each month) beginning March 10, and continuing through June 16. (Class meets March 10, 17, 24, 31; April 14, 21, 28; May 12, 19, 26; June 9, 16.)

Time: 7-9 pm

Location: CALC (Community Alliance of Lane County), 485 Blair Blvd., Eugene 97402

Fee: In times past I generally would have set a fee at somewhere in the range of \$100-\$150 for the class but I am offering this class on a donation basis, in the spirit of a gift economy which is in harmony with the principles of Nonviolent Communication. I invite you to give what you enjoy giving. I plan to contribute half of whatever I receive to CALC.

Size limit: The class will be limited to 20 participants.

Texts: The texts for this class are Nonviolent Communication: A Language of Life (2nd edition) by Marshall B. Rosenberg and Nonviolent Communication Workbook by Lucy Leu, both published by PuddleDancer Press and available from the Center for Nonviolent Communication (www.cnvc.org), Amazon, and many local bookstores. (Retail price for the two books is \$38. Amazon's price for both books is under \$30, plus shipping). I believe some copies are also available in the Eugene Public Library.

Homework: Homework assignments are an important part of the class. These consist of reading the 13 chapters in Marshall's book and doing some of the exercises in the workbook, the chapters of which correlate with the chapters in Marshall's book. The workbook exercises consist of a "Reading Review" and "Individual Practice" for each chapter. I'd like you to do the "Reading Review" exercises each week to help you gain an accurate understanding of the key points in each chapter. (I don't expect you to turn these in but I do believe you will get more from the class if you write out the answers.) **I'd also like you to do and to turn in your written responses to the "Individual Practice" exercises.** (I will read and comment on what you hand in.) I'd also like you to do the exercises in Marshall's book and to be prepared to let me know in class if you are not clear about any of those exercises. I estimate that it will take a couple of hours per week to do the reading and exercises.

Please read Chapter 1 in Marshall's book and do the exercises in the workbook for that chapter (pp. 57-60) **BEFORE YOU COME TO THE FIRST CLASS.** Read Chapter 2 in the text and do the exercises in the workbook for that chapter before you come to the second class, etc. We will generally focus on one chapter per class, except for chapters 11 and 12, which we'll do in one class. In this way we will go through the entire text in twelve weeks.

Attendance

I expect a close knit community to develop from this class and your regular attendance will help insure that you contribute and benefit from this, as well as gaining a solid grounding in Nonviolent Communication. **So please sign up for this class only if you intend to attend class regularly.** If you need to miss a class, please let me know in advance if at all possible.

Although this class will focus on the fundamentals of NVC, I expect it will also offer some support for efforts by class members to contribute to social change. Moreover, after the class ends, I plan to facilitate an ongoing practice group, most likely meeting twice a month, for those who have completed this class and that will be specifically devoted to supporting social change efforts.