

Learning NVC

Nonviolent Communication training is offered in a variety of formats, ranging from brief introductions to nine-day International Intensive Trainings (IITs) held in various places around the world and led by a team of experienced trainers. Many people find regular participation in a practice group helps them develop NVC skills and consciousness.

Written materials, audio and video recordings are available through the Center for Nonviolent Communication.

Empathy is the Key

Empathy is the total presence with which we attend to someone's being. It is expressed through the quality of our attention, which may take the form of silence, gestures or words.

"Empathy is a respectful understanding of what others are experiencing. Instead of offering empathy, we often have a strong urge to give advice or reassurance and to explain our own position or feelings. Empathy, however, calls upon us to empty our mind and listen to others with our whole being."

—Marshall B. Rosenberg, Ph.D.

To learn more about NVC

find trainings and practice groups
in your community:



**Oregon Network for
Compassionate Communication**
ORNCC.net

For information
about training worldwide:

Center for Nonviolent Communication
CNVC.org



The Oregon Network for
Compassionate Communication
and the
Center for Nonviolent Communication
are non-profit 501(c)(3)
organizations that welcome
tax deductible donations.

Nonviolent Communication

...also known as *NVC*,
Compassionate Communication
and *Giraffe Language*, is a
powerful process for inspiring
compassionate connection
and action.

Nonviolent Communication
helps to prevent and
resolve conflicts, and facilitate
communication that enables
everyone to have their
needs met.



*"When our communication supports
compassionate giving and receiving,
happiness replaces violence
and grieving!"*

—Marshall B. Rosenberg, Ph.D.

Nonviolent Communication

increases our ability to...

- Create relationships based on compassion and understanding
- Accurately hear what other people feel and need, even when they express themselves in a hostile manner
- Make requests that increase the likelihood of getting what we really want, motivated by people's intrinsic desire to contribute to life
- Foster democratic values, tolerance, harmony and teamwork
- Resolve conflicts in ways that increase trust and mutual understanding
- Break patterns of thinking that lead to anger and depression
- Evaluate performance in ways that promote growth and learning
- Celebrate our power to enrich life

Nonviolent Communication (NVC) was created by Marshall B. Rosenberg, Ph.D. (1934-2015), international peace-maker and founder of the Center for Nonviolent Communication (CNVC).

Growing up in a turbulent Detroit neighborhood, Dr. Rosenberg developed a keen interest in conflict resolution and new forms of communication that could provide peaceful alternatives to the violence he encountered. His interest led him to earn a Ph.D. in clinical psychology from the University of Wisconsin. His subsequent study of comparative religion, and his own life experience, convinced him that human beings are not inherently violent and moved him to develop Nonviolent Communication. NVC was first used in projects to peacefully integrate schools and other public institutions during the 1960s.

In 1984 Dr. Rosenberg founded CNVC, a nonprofit organization whose vision is a world where everyone's needs are met peacefully. The Center's mission is to contribute to this vision by facilitating the creation of life-serving systems within ourselves, inter-personally and within organizations. People do this by living and sharing the process of NVC, which strengthens their ability to connect

compassionately with themselves and one another, share resources and resolve conflicts peacefully.

NVC training is offered throughout the world to people in all walks of life. Dr. Rosenberg's book, *Nonviolent Communication: A Language of Life*, has received endorsements from Jack Canfield, Deepak Chopra, William Ury, John Gray, Arun Gandhi, Vicki Robin and others, and has been translated into over thirty languages.

Nonviolent Communication consists of two parts - fully and honestly expressing ourselves without blame or criticism, and empathetically receiving the communication of others without hearing blame or criticism, even if others express themselves in hostile ways.

Both when expressing ourselves and when listening with empathy to others, NVC helps us to focus attention on a four step process for communicating...

- **Observations** free of evaluations
- **Feelings**
- **Needs** and **Values** which give rise to feelings
- **Requests** expressed clearly in positive action language