

Sustainable Communication: The Theory & Practice of Nonviolent Communication



Peggy Smith, Instructor

**At the Hutchinson Center
Rt. 3, Belfast, ME**

**August 6 through August 10, 2012
8:30 to 4:30 daily**

*This is a University of Maine Offering in the
Peace and Reconciliation Department
“Sustainable Communication”*

PAX 495 Undergraduate Level — PAX 598 Graduate Level



Learning Outcomes:

Increased understanding for and compassion for oneself

Increased understanding for and compassion for others

Increased ability and ease with expressing oneself honestly, authentically and compassionately in any situation

Awareness of conflict as an opportunity for deepening connections

Increased understanding of how judgments block communication and how to translate judgments to build connection

Explore scientific literature that investigates the role of empathy in sustainable communities

Exploration of how connecting communication enhances mediation and other restorative practices in the family, community and workplace

Development of strategies and skills for sharing this learning with others



Required Reading:

There will be two required texts plus an assortment of recommended reading focusing on areas of student interest, such as parenting, personal relationships, teaching, mediation, conflict resolution, and others.

Graduate Credit:

- All of the required texts plus at least 3 from the recommended reading list.

Course Overview:

Participants in this course will learn a way of thinking and speaking that allows them to develop deep self-connection and connection to others. They will learn tools to communicate clearly, authentically, compassionately and effectively with people, including those they believe think differently than they do. The goal is to increase peace and harmony in themselves, their communities, and the world.

Participants will investigate and practice the Nonviolent Communication™ process developed by clinical psychologist Marshall Rosenberg, Ph.D.

This process is beneficial for enhancing peace, harmony, and effectiveness among people who work in education, health care, social work, psychology, international relations, sustainable community development, human development, mediation and conflict resolution, or business. The skills learned also are useful in personal and family relationships.

The instructor will employ a variety of active, engaging learning strategies with the goal of having each student experience this process to evaluate.

Course Objective:

Participants can expect to leave the course with practical skills to effectively improve relationships on the personal, academic and professional level.

Assignments:

- Reading of the required texts with exercises and reflection journal
- Attendance and active participation
- Reflection journal after each class session
- Empathy Buddy connection for 1 hour per week after empathy session in class
- Empathy journal (at least 3 entries)
- Final Exam



Peggy Smith is a certified NVC trainer with the Center for Nonviolent Communication. Currently she teaches NVC full-time through Open Communications, offering workshops, seminars and coaching for individuals, schools, organizations and businesses.

She holds an M.A. from the University of Pennsylvania and taught elementary and middle school for 32 years. Peggy brings her extensive teaching skills, humor and presence to this work.

With a life-long interest in spiritual traditions and fostering compassion, Peggy is a student of Zen teacher and peace activist, Thich Nhat Hanh and is an active member of his Order Of Interbeing.

www.opencommunication.org
peggy@opencommunication.org



To Register for
Sustainable Communication

Pax 495 — Undergraduate Level or

PAX 598 — Graduate Level

Contact the Hutchinson Center at

207/338-8000 or

<http://www.hutchinsoncenter.umaine.edu/>