

Techniques of Nonviolent Communication: A Needs-Based Approach to Therapy

Presented by Duke Duchscherer

Friday March 30, 2012 ♦ 8:30 AM - 4:30 PM

Sunset Ballroom at the Comfort Suites ♦ 1712 Shelburne Road (Rte.7) ♦ South Burlington

*Out beyond
Wrong doing and right doing,
There is a field.
I will meet you there.
Rumi*

We are all trying to fulfill some need with our behavior. When our needs are not met, we often exhibit unpleasant emotions or reactions. Needs-focused Therapy helps us to identify our needs and gives tools to express them effectively. Needs-focused communication invites us to: 1) interact with others and ourselves in a spirit of cooperation and harmony, 2) create win-win solutions where each person's needs are respected and met, and 3) resolve or prevent conflict peacefully and easily.

In this workshop, based on the methods of Nonviolent Communication (NVC), we will learn concrete tools and skills that will support us in deepening our empathic presence with ourselves and others. Through its focus on needs, NVC creates a space for heightened awareness and deeper understanding by cutting through the stories and beliefs about "what happened" and "who did what," straight to the underlying meaning that events and experiences have for individuals. This, in turn, empowers each person in re-discovering their inherent ability to find creative strategies that guide their healing journey.

For more information on NVC, visit www.cnvc.org/training/nvc-concepts

CONFERENCE SCHEDULE

- 8:30 - 9:00 REGISTRATION**
- 9:00 - 10:30 INTRODUCTION**
Marshall Rosenberg and the Center
for Nonviolent Communication (NVC)
Three Principles of NVC
Intention of NVC
- 10:30 - 10:45 BREAK**
- 10:45 - 12:15 Overview of the FOUR SKILLS of NVC**
Process of Empathy
Needs-focused Approach to Healing
Exercise: Deepening Needs Consciousness
- 12:15 - 1:15 LUNCH (on your own)**
- 1:15 - 3:00 Needs Applied to External Events**
Exercise: Understanding and Transforming
Anger
- 3:00 - 3:15 BREAK**
- 3:15 - 4:30 Needs Applied to Internal Stimuli**
Exercise: Transforming Self-judgements
Closing: Questions, Feedback, Opportunities
for Continued Learning

Duke Duchscherer

Duke Duchscherer is a Certified Trainer with the International Center for Nonviolent Communication and is on the Board of Directors for the MK Gandhi Institute for Nonviolence. He has facilitated training in Nonviolent Communication and Restorative Circles around the world with a depth and breadth of peoples and communities from small villages at the grassroots to governmental leaders at the United Nations on four continents.

In addition to working throughout North America, Duke continues to travel to places in the world where people have been trying to resolve differences through violence, and where people have been struggling to hold onto the humanity of themselves and their neighbors when dealing with the challenges of everyday living. He has worked with youth in Sri Lanka who have seen their lives torn apart by war; communal harmony workers and UNHCR staff in Pakistan; social welfare staff of the Islamic government of Iran; community extension and peace workers in Nigeria; among others. Duke really enjoys working with people from a variety of backgrounds to support them in creating understanding and seeing themselves and each other in ways that generate peace, harmony, and connection.

*Save the date for VTMHCA's Ethics Conference and Annual Meeting
June 1, 2012 ♦ Jane Okech, Ph.D. on Dual Relationships*



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PO Box 62
Shelburne, VT
05482

Registration/Refund Policy

Early Registration is encouraged. Registrations at the door require an additional \$20 fee and are on a space available basis only. The conference fee includes refreshments, CEUs, and materials. For cancellations of more than 72 hours before the conference, a refund will be granted, less a \$20 administrative fee. Cancellations made less than 72 hours before the conference will not be refunded. If you register and do not attend, you are liable for full payment. Substitutions may be made at any time.

Space is Limited. Please register early.

For more information
please contact
Caryn Feinberg
at
802-985-8286
or
CarynBF@gmail.com
or
visit our website www.vtmhca.org

Conference Registration Form - Friday, March 30, 2012

Name _____ Phone (day) _____ (evening) _____

Mailing Address _____

Email _____

Conference Fees

\$135 VTMHCA member \$150 Non-member Join VTMHCA now and receive reduced rate

♦ \$15 additional fee for registrations received after March 16th.

♦ \$20 fee for registration at the door, space permitting.

Please make checks payable to:

VTMHCA

Mail this form and registration fee to:

VTMHCA, c/o Caryn Feinberg
P.O. Box 62
Shelburne, VT 05482