

The Language of Compassion-Nonviolent Communication

An introduction to NVC

What is Nonviolent Communication?

Nonviolent Communication (NVC) is sometimes referred to as compassionate communication.

Marshall Rosenberg was an American psychologist, mediator, author and teacher. Starting in the early 1960s he developed Nonviolent Communication, a process for supporting partnership and resolving conflict within people, in relationships, and in society.

Its purpose is to strengthen our ability to inspire compassion and to respond compassionately to others and to ourselves. NVC guides us to reframe how we express ourselves and hear others by focusing our consciousness on what we are *observing, feeling, needing, and requesting*.

Discover a powerful, 4-step communication process that transforms critical communication barriers into opportunities for clarity, collaboration, honesty, and respect.

NVC fosters respect, attentiveness and empathy, and engenders a mutual desire to give from the heart. The form is simple, yet powerfully transformative.

A therapist skilled in nonviolent communication can help nearly anyone become a better communicator. The principles of nonviolent communication can be applied in the family to improve parent-child relationships and in schools to reduce coercive, punitive methods of instruction. It can also be used in couples therapy to promote more satisfying intimate relationships in which both partners feel respected and have their needs met, to name but a few.

In this short introductory workshop we will focus on:

- The concepts and tools used in NVC
- Introduction to the steps of the NVC process : expressing yourself to others, listening to others and listening compassionately to yourself.

About the Facilitator/Trainer

Marta Fabregat

- MA Social- Community Mediator & Conflict resolution
- Community Development Dip/Practice
- BFA Certified Focusing practitioner
- Co-Founder at An Tionól Creative & Compassionate Living Centre
- Compassionate Communication Trainer-NVC Cert. Candidate
- Plant and Herbal Medicine healing practice-Focusing in nature and nature connection guide.



I live with my family in South Co Galway in a small rural smallholding in the midst of nature. As a family we home schooled our children and choose NVC among other community integrative and healing tools to support our own process in the self and community enquiry for healthy and conscious growth.

I am a conflict resolution & social mediator, therapist on herbal medicine and eco therapy, educator and facilitator of the creative expression process & conscious parenting, Focusing Practitioner and mindfulness among others. I worked over the years with the inner creative process of the child and the adult, creating a conducive environment for self healing and growth.

Nonviolent Communication is at the heart of this art we call living in my work and personal life.