



HOW IS LANGUAGE VIOLENT?

“Sticks & stones can break my bones but names could never hurt me!”

Language is usually perceived as an alternative to violence, not a form of it. But before an act of physical violence occurs, there is almost always a negative thought that precedes it: “He deserves it!” “What an idiot!” “How dare he!”

We also experience verbal or emotional violence in the way we speak to ourselves: “How could I be so stupid?” “Why can’t I get things right?” “What’s wrong with me?”

We live in a violent world, yet we yearn for peace.

Nonviolent Communication offers a way to get past “right” and “wrong” thinking. By observing our judgments and negative self-talk and identifying our real needs, new strategies are discovered and conflicts resolved.

BROOKLYN NVC:
CONTRIBUTING TO CREATING
A WORLD WHERE THE NEEDS
OF ALL PEOPLE
ARE PEACEFULLY MET

WHAT PEOPLE ARE SAYING ABOUT BROOKLYN NONVIOLENT COMMUNICATION:

“I’m writing to let you know what a success your introductory NVC workshop was. The attendees’ feedback was overwhelmingly positive. They found your presentation to be informative, engaging and enjoyable. My impression is that they left feeling they had gained new communication tools.” ---Riva Kadar, Coordinator, University-Wide Professional Development Calendar, New School University

“Dian Killian, Director of Brooklyn NVC, teaches and models Nonviolent Communication in an accessible, humorous, sensible, real world way. I trust folks will get an immediate sense of how this tool could be helpful and usable in their day to day lives from the very first session of working with her..”
Ina Bransome, New Parent Mentor & Doula

“Studying with Brooklyn NVC, I’ve learned to listen more astutely and compassionately. I’ve applied the techniques I’ve learned to both my personal and business relationships and met with great success.” Judith Z. Miller, Performing Arts Manager/Consultant

“I found studying NVC an empowering process giving much clarity and insight, revealing what I had formerly perceived as blocks and obstacles to be constructs that I am at liberty to disentangle myself from. The non-hierarchical, non-institutional method of this workshop facilitated a learning process suited to the participants’ individual needs.” Sarah Falkner, writer

For more information about Brooklyn NVC
and the services and training we offer, visit
WWW.BROOKLYNNVC.ORG

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BROOKLYN
NONVIOLENT COMMUNICATION
Diverse Needs - Strategies to Meet Them
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BROOKLYN NONVIOLENT COMMUNICATION



A CENTER FOR
NONVIOLENT COMMUNICATION^(SM)
AND CONSTRUCTIVE ACTION

Serving All Five Boroughs
of New York City

WHAT IS NONVIOLENT COMMUNICATION?

Nonviolent Communication (NVC) is a consciousness and skill which affirms that human beings share common, universal values and needs (such as autonomy, community, and choice) and a desire to see these needs met. By focusing on shared values and then moving on to strategies, we can find solutions that are more satisfying, effective, and empowering.

NONVIOLENT COMMUNICATION IS BASED ON THE PREMISE THAT:

We are all trying to get our needs met

We fare better if we know how to get these needs met in a cooperative rather than aggressive way

Each of us has remarkable inner resources that we can access if we are given empathy

THE NONVIOLENT COMMUNICATION PROCESS INCLUDES:

Stating our observation of an interaction without judgment or evaluation;

Expressing our feeling, not our thought, in relation to our observations;

Expressing what we need/value in relation to our feelings;

Presenting our requests in doable, positive, action language and distinguishing between requests and demands.

WHO CAN BENEFIT FROM NONVIOLENT COMMUNICATION?

NVC has broad applications to individuals, couples, families, groups, communities, and organizations. NVC is helpful not only in learning how to resolve conflict but also in creating greater connection and authentic communication. It also offers specific skills in effective listening, non-judgmental evaluation, mediation, needs assessment, and strategic and life planning.

WHO DEVELOPED NVC?

Nonviolent Communication was developed by Marshall Rosenberg, Ph.D. during the civil rights period. In developing NVC, Rosenberg was fascinated with a basic question: What causes human beings to enjoy profound connection and caring for each other and, at other times, disconnection and conflict? In answering this question, Rosenberg studied psychology and later worked with the humanist psychologist Carl Rogers. After years of study and experience, he developed what's become known as Nonviolent Communication^(sm). NVC is now taught around the world, supported by the international non-profit Center for Nonviolent Communication (www.cnvc.org). For more about NVC, see the February 2004 interview with Marshall Rosenberg at www.thesunmagazine.org.

BROOKLYN NONVIOLENT COMMUNICATION

shares the skills and consciousness of compassionate, Nonviolent Communication with Brooklyn and all five boroughs of New York, offering workshops as well as coaching, mediation, empathy/support groups, and organizational development and support based on the principles and skills of NVC.

While committed to sharing NVC broadly, Brooklyn NVC is especially interested in making NVC skills available to those engaged in progressive social change, education, and the arts.

SERVICES OFFERED BY BROOKLYN NVC:

Introductory and advanced workshops and practice groups on Nonviolent Communication

NVC-based coaching, empathy and counseling

Empathy/Support Groups focused on specific topics and concerns

Mediation services for individuals, couples, families and organizations

Organizational support including staff training, needs assessment, mediation, and strategic planning



PEACE IS POSSIBLE
IT JUST TAKES PRACTICE