

A Helping Hand Mediation With Nonviolent Communication

[#nonviolent communication](#) [#mediation services](#) [#conflict resolution](#) [#peaceful dialogue](#) [#nvc techniques](#)

Discover transformative conflict resolution through A Helping Hand Mediation, expertly guided by principles of Nonviolent Communication. We facilitate peaceful dialogue and foster deep understanding, empowering individuals and groups to navigate disagreements, repair relationships, and achieve mutually beneficial outcomes with empathy and respect.

You can explore theses by subject area, university, or author name.

We appreciate your visit to our website.

The document Peaceful Conflict Resolution is available for download right away.

There are no fees, as we want to share it freely.

Authenticity is our top priority.

Every document is reviewed to ensure it is original.

This guarantees that you receive trusted resources.

We hope this document supports your work or study.

We look forward to welcoming you back again.

Thank you for using our service.

Many users on the internet are looking for this very document.

Your visit has brought you to the right source.

We provide the full version of this document Peaceful Conflict Resolution absolutely free.

A Helping Hand, Mediation with Nonviolent Communication

"[In this book] you will get a good foundation in Marshall Rosenberg's Nonviolent Communication (NVC), on which this very down-to-earth approach to mediation is based upon, and lots of answers to practical questions."--Back Cover.

Relationships

The most important of all questions in this book might be that one about how you want your relationships to be. If your answer to that question is clear, it will be much easier to know how to act and what to request of the other. All tools in the world becomes redundant if you do not know what you want to use them for. Your positive attitude will make it easier to stand challenges but will not take you to the goal. This booklet will help you evaluate, repair, and nurture the relationships that you want to see flower. [Publit].

Empathy in Conflict Intervention

The focus of this book is on mediation, a third party intervention role that can be undertaken by supervisors, managers, human resource professionals, marriage and family therapists, teachers, mediators, peace keepers, and parents. The authors make a strong case for the central role of empathy in promoting a successful mediation, especially when ongoing relationships between the parties are at stake. This book provides a thoughtful study of the important role of empathy in mediation through the development of a theoretical model to explain the effectiveness of Nonviolent Communication™ (NVC) mediation. The theory building process used in this book, as well as the list of conditions for a successful mediation, can be broadly applied to other third party intervention methods. Intended Audience: Mediators; Conflict Resolution and Third Party Interveners (managers, supervisors, human resources representatives) students, teachers, and professionals; Marriage and Family Therapists; and Attorneys. "While one of the aims of this book is providing a welcome beginning theoretical basis for the use of empathy in the mediation process, there is much crossover into counseling, parenting and other

arenas that involve conflict in relationship. The humanity and authenticity of the authors comes through in a way that makes this book accessible and appealing to readers well beyond the academic arena. It provides support and clarity for those seeking to understand and adopt the practice of empathy either personally or professionally.” Carolyn N. Altrock, MCE, LCSW “This book provides a framework for understanding why mediation works when it works and therefore points the way to how mediation can be made to work more reliably. By highlighting the role of empathy—from the mediator and between the parties—in supporting many of the conditions for successful mediation, the authors provide a path for further research with clear implications for practitioners.” Miki Kashtan, Ph.D., writer, facilitator, and certified NVC trainer “I’m grateful for all the care and effort taken in this book to provide a theoretical container that can hold the power of NVC to guide the mediation process. I’m imagining many ripples of benefit for both the NVC community and the mediation community for the stimulation of future research that can define best practices for cultivating connection in the midst of conflict.” Jim Manske, Certified NVC Trainer “This book makes an important contribution to the theoretical development of mediation.” Dr. Cheryl Picard, Professor, Department of Law and Legal Studies, Director of the Centre for Conflict Education and Research and the Graduate Certificate in Conflict Resolution program “As one who teaches peace studies, it is exciting to have the tools Bowers and Moffett offer. We often tell students that conflicting parties have to see things from the others’ perspective. This book starts us digging deeper into the ‘how’—how can mediators use empathy effectively in the course of mediation to get the parties to understand better the feelings and needs of each other? Moving beyond thinking about interests and positions—and how to do so—can help my students envision how real change is possible, be it in conflicts overseas or in their own lives.” Andrea Grove, Ph.D., Professor, Political Science, California State University Channel Islands

Human Connection at Work; How to use the principles of Nonviolent Communication in a professional way

Nowadays people expect to be treated well when they go to the dentist, the supermarket or when they are connecting with their IT-support. If they are not they might turn to someone else the next time they need that service or product. Being professional and staying human might be the biggest competitive advantage of our time. It is said that the cost of attracting a new customer is six times the cost of keeping an old one. This book clarifies how you can be professional and human at the same time. Actually the author claims that it is only when you are truly human that you can be professional. Communication tools for many different kinds of situations. Support in dealing with "difficult people" or challenging dilemmas. Plenty of useful ideas that can be implemented directly. And much more...

Walk Your Talk; Tools and Theories To Share Nonviolent Communication

This book has been written for anyone who wants to lead groups and stay true to their inner life at the same time. It shows you how to be both authentic and yet remain professional. You will receive a wide set of tools that can help you walk your talk, at the same time as you share your understanding of Nonviolent Communication - NVC (or other subjects).

Journal of Moral Theology, Volume 11, Issue 2

Table of Contents Resistances to Amoris Laetitia: A Critical Approach Antonio Autiero The Border, Brexit, and the Church: US Roman Catholic and Church of England Bishops’ Teaching on Migration 2015–2019 Victor Carmona and Robert W. Heimbürger A Synodal Alternative for Ecclesial Conflict: Marshall Rosenberg’s Nonviolent Communication Mary Lilian Akhere Ehidiemhen Review Essay: Theological Ethics of Life: A New Volume by the Pontifical Academy for Life Roberto Dell’Oro and M. Therese Lysaught Teaching Catholic Social Thought Symposium: Teaching Catholic Social Thought: A Symposium Introduction Jon Kara Shields Catholic Social Living: Teaching Students to “Live Wisely, Think Deeply, and Love Generously” Bernard Brady Resisting Gnostic Spiritualism in the Catholic Social Teaching Classroom Joyce A. Bautch Teaching Catholic Social Thought Online in the Philippines: From a Challenge to an Opportunity Teofilo Giovan S. Pugeda III Formative Figures for Catholic Social Witness Daniel Cosacchi Solidarity, Praxis, and Discernment: Formation at the Catholic Worker Casey Mullaney “Are We Theologians?”: A Practical Theology Approach to Catholic Social Teaching with Women Religious in East Africa Sarah C. DeMarais Pedagogical Reflections by East African Women Religious Alumnae of the Loyola Institute for Ministry Srs. Charity Bbalo, Lucy Kimaro, and Jane Frances Mulongo Book Reviews Peter Cajka, Follow Your Conscience: The Catholic Church and the Spirit of the Sixties Maria C. Morrow Charles C. Camosy, Losing Our Dignity: How Secularized Medicine

Is Undermining Fundamental Human Equality Ramon Luzarraga Ki Joo Choi, Disciplined by Race: Theological Ethics and the Problem of Asian American Identity David Kwon Daniel K. Finn, Faithful Economics: 25 Short Insights Chris Gooding Najeeb T. Haddad, Paul, Politics, and New Creation: Reconsidering Paul and Empire Jeffrey L. Morrow Conor M. Kelly, The Fullness of Free Time: A Theological Account of Leisure and Recreation in the Moral Life G. D. Jones Matthew Levering, The Abuse of Conscience: A Century of Catholic Moral Theology Kathryn Lilla Cox Marc LiVecche, The Good Kill: Just War and Moral Injury Darren Cronshaw Angela McKay Knobel, Aquinas and the Infused Moral Virtues Nicholas Ogle Joel Oesch, Crossing Wires: Making Sense of Technology, Transhumanism, and Christian Identity Simeiqi He Robert Chao Romero, Brown Church: Five Centuries of Latina/o Social Justice, Theology, and Identity Jens Mueller

We Can Work It Out

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. Applying the Nonviolent Communication (NVC) process to conflict resolution inspires peaceful collaboration by focusing on the unmet needs that lie at the root of any given conflict. Practical techniques help mediators and participants to find the heart of the conflict and use genuine cooperation to reach resolutions that meet everyone's needs.

Nonviolent Communication: A Language of Life

5,000,000 COPIES SOLD WORLDWIDE • TRANSLATED IN MORE THAN 35 LANGUAGES What is Violent Communication? If "violent" means acting in ways that result in hurt or harm, then much of how we communicate—judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticizing others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who's "good/bad" or what's "right/wrong" with people—could indeed be called "violent communication." What is Nonviolent Communication? Nonviolent Communication is the integration of four things: • Consciousness: a set of principles that support living a life of compassion, collaboration, courage, and authenticity • Language: understanding how words contribute to connection or distance • Communication: knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all • Means of influence: sharing "power with others" rather than using "power over others" Nonviolent Communication serves our desire to do three things: • Increase our ability to live with choice, meaning, and connection • Connect empathically with self and others to have more satisfying relationships • Sharing of resources so everyone is able to benefit

Cracking the Communication Code

Communication is so much more than words. Being clear on certain principles will help you know how to connect. Empathy and honesty will lead the way. This book presents ideas on how to communicate and connect with others from your heart. Through stories, definitions and cartoons it will inspire you to go deeper in your exploration of what really matters in human communication.

Connecting Across Differences

In this fully revised second edition, Dr. Dian Killian and Dr. Jane Marantz Connor offer a comprehensive and accessible introductory guide to exploring the concepts, applications, and transformative power of the Nonviolent Communication process. Providing research-based insight into the psychology of communication, this reference explores the most common barriers to effective communication and provides tangible steps to address these barriers head-on. The book features an expanded selection of relevant, meaningful exercises, role-plays, and activities that give readers the chance to immediately apply the concepts to real-life experiences. With lessons including how to transform negative self-talk into self-empowerment, how to foster trust and collaboration when stakes are high, and how to defuse anger, enemy images, and other barriers to connection, Connecting Across Differences teaches effective communication skills that get to the root of conflict, pain, and violence peacefully.

Relationships, freedom without distance, connection without control

The most important of all questions in this book might be that one about how you want your relationships to be. If your answer to that question is clear, it will be much easier to know how to act and what to request of the other. All tools in the world becomes redundant if you do not know what you want to use them for. Your positive attitude will make it easier to stand challenges but will not take you to the goal. This booklet will help you evaluate, repair, and nurture the relationships that you want to see flower.

Toward a Socially Responsible Psychology for a Global Era

This book explores the concept of “socially-responsible psychology in a global age” and how it might be used to organize, integrate and bring enhanced focus a field that has the potential to contribute to solutions to the world’s most pressing problems. In this volume, the editors explore the central and defining features of socially-responsible psychology, challenges that this work would face, and the mechanisms and processes by which psychological work could be synergistically integrated with the work of other disciplines. For this purpose, the volume also examines a variety of factors currently that limit psychology in carrying out this goal.

The Power of Gratitude

Gratitude is a powerful practice that can significantly increase your experience of joy in life. Ready to launch into the adventure? Make this year a real year of Gratitude. Here is the support you have been waiting for: Rather than just telling you to “be grateful”. This book is your personal coach in training your gratitude muscles. Just like the participants in Liv Larsson's gratitude project, you will get new and easy suggestions for exploring gratitude every week. By the end of the year you will have created a new habit that you will probably never want to let go of! This book applies the clarity that Nonviolent Communication (NVC) brings to what research has found to be the most important thing anybody can do to (re-) discover the magic of life. That is by filling their energy tanks and actively influencing their happiness levels through building a gratitude practice. How about starting yours today?

Society and Social Pathology

This book offers one of the most comprehensive studies of social pathology to date, following a cross-disciplinary and methodologically innovative approach. It is written for anyone concerned with understanding current social conditions, individual health, and how we might begin to collectively conceive of a more reconciled postcapitalist world. Drawing reference from the most up-to-date studies, Smith crosses disciplinary boundaries from cognitive science and anthropology to critical theory, systems theory and psychology. Opening with an empirical account of numerous interlinked carises from mental health to the physiological effects of environmental pollution, Smith argues that mainstream sociological theories of pathology are deeply inadequate. Smith introduces an alternative critical conception of pathology that drills to the core of how and why society is deeply ailing. The book concludes with a detailed account of why a progressive and critical vision of social change requires a “holistic view” of individual and societal transformation. Such a view is grounded in the awareness that a sustainable transition to postcapitalism is ultimately a many-sided (social, individual, and structural) healing process.

Anger, Guilt and Shame - Reclaiming Power and Choice

This book can help you make shame, guilt and anger your allies instead of our enemies. They can become keys to your inner life and to your dreams. Getting to know these feelings will help you better meet your needs for respect, acceptance, belonging and freedom. What would be possible if you no longer needed to shrink yourself to avoid shame or guilt?

Choosing Peace

"In Choosing Peace, you will learn a new approach to communication and conflict that creates peace, internally and externally. The concrete tools and skills in this book allow you to be clear in your communication and help others do the same. Through practicing what is in this compelling guidebook, you can build more satisfying and engaging relationships and create more compassion and peace in your life."--Publishers note.

Nonviolent Communication

Clinical psychologist Marshall B. Rosenberg offers an enlightening look at how peaceful communication can create compassionate connections with family, friends, and other acquaintances.

Nonviolent Communication Toolkit for Facilitators

Internationally respected NVC trainers, Judi Morin, Raj Gill, and Lucy Leu have come together to codify more than twenty years of training experience in one hands-on Nonviolent Communication (NVC) facilitator guide. Whether you're a new facilitator, a seasoned trainer looking to incorporate a more experiential approach, or a team of trainers, the Nonviolent Communication Toolkit for Facilitators has a wealth of resources for you. By breaking Nonviolent Communication down into 18 key concepts, this toolkit provides succinct teaching tools that can be used on their own for shorter sessions, or combined for a long-term or multi-session training. Your NVC Toolkit purchase includes: • Hard Copy Exercise Manual—Includes exercises, activities, and facilitator scripts to guide you in sharing 18 key NVC concepts • Electronic Downloads—Access to 21 Learning Aids and 33 Handouts to create an interactive, hands-on learning environment • Instructional Video Clips — Access 20 short clips and one 30-minute video to help clarify some of the more complex activities

Pathways to Nonviolent Communication

In 2010, four certified trainers of Nonviolent Communication produced a new tool to help people successfully learn, strengthen, and integrate the skills and consciousness of NVC. They called this tool the Pathways to Liberation Self-Assessment Matrix. Since then, thousands of NVC practitioners have been using the Matrix to identify skills, clarify strengths, discover edges, and navigate their own personal journeys toward emotional liberation and a more just, peaceful, and loving world. Now you too can use the Matrix to set a course toward self-knowledge, skill, and success. This guidebook shows you how. Written by Jim Manske, CNVC trainer and one of the four originators of the Matrix, Pathways to Nonviolent Communication: A Tool for Navigating Your Journey offers clear and specific suggestions for using the Matrix to assess your progress and assist others in deepening the skills and consciousness of NVC. Whether you are a longtime practitioner of NVC or have only recently begun your journey, the tool and techniques presented in this book will make every path more dynamic, accessible, and fun.

From Conflict to Connection

What if you could have difficult conversations with ease? In From Conflict to Connection, you will learn a way of being in relationship with yourself and others that creates new possibilities out of discord and disagreements.

Words That Work in Business, 2nd Edition

Addressing the most common workplace relationship challenges, this manual shows how to use the principles of nonviolent communication to improve any workplace atmosphere. Offering practical tools that match recognizable work scenarios, this guide can help all employees positively affect their work relationships and company culture, regardless of their position. This handbook displays proven communication skills for effectively handling difficult conversations, reducing workplace conflict and stress, improving individual and team productivity, having more effective meetings, and giving and receiving meaningful feedback, thereby creating a more enjoyable work environment.

Being Me, Loving You

The tenets of Nonviolent Communication (1892005034) are applied to a variety of settings in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery. The concept of love is redefined not as a feeling, but as an activity—a process of honest giving and taking. Professional analysis of personal stories illustrates relationship patterns in which love is treated as a guilty obligation or something to be proved. Lessons for building effective communication of feelings and needs are additionally provided.

What We Say Matters

Drawing from Buddhist and yogic precepts, this practical guide offers tools for becoming a better, more compassionate communicator at home, at work, and in the world. Have you ever tried to tell someone what you want only to feel misunderstood and frustrated? Or hesitated to ask for what you needed because you didn't want to burden the other person? Or been stuck in blame or anger that wouldn't

go away? Judith and Ike Lasater, long-term students of yoga and Buddhism, experienced dilemmas like these, too. Even though they had studied the yoga principle of satya (truth) and the Buddhist precept of right speech, it was not until they began practicing Marshall Rosenberg's techniques of Nonviolent Communication (NVC) that they understood how to live satya and right speech. In *What We Say Matters*, Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion—everywhere, all the time—whether at home, at work, or in the world. Their writing is deeply personal, punctuated by their recounts of trial and error, success and failure, laughter and challenge—even in writing this book! They guide you through an introduction to NVC with clear explanations, poignant examples, suggested exercises, and helpful resources. With practice, you'll learn new ways to:

- Extend empathy to yourself and others
- Distinguish between feelings and needs
- Make requests rather than demands
- Choose connection over conflict
- Create mutually satisfying outcomes

The Art of Nonviolent Communication

A handbook designed to help you communicate with more authenticity, clarity, and empathy while in the midst of a conflict by using the principles of NVC. It will show you the most common pitfalls I come across while teaching and how to help avoid them. This book can help you speak with 100% authenticity without judging, blaming, or condemning anyone. Using the tools and strategies outlined in this book you will soon be able to turn every conflict into a deeper, more profound connection.

Speak Peace in a World of Conflict

Dr. Rosenberg reveals how to take the first step to reduce violence, heal pain, resolve conflicts and spread peace on our planet, by developing an internal consciousness of peace rooted in the language one uses each day.

Mediate Your Life Training Manual

The Mediate Your Life immersion training program supports people in mediating conflict between warring parts of themselves, between self and others, and between others. In three workshops spread over ten months, participants learn to:

- Bring more confidence and ease to dealing with conflict in their lives
- Use the Mediate Your Life skills to effectively resolve conflict, heal relationships, and contribute to their own and others well-being
- Help others who are in conflict

The Mediate Your Life Training Manual accompanies the immersion program and includes all of the maps and skills covered in the workshops.

Table of Contents:

- Introduction
- A Mediate Your Life Approach To Mediating Conflict
- Mediating Conflict Conversations Between Others
- Temporal Contexts Of Mediation
- Other Maps
- Maps Of The Integral Grid
- Professional Development
- Practicing Toward Your Goals
- Resources
- Appendix

Consensus-Oriented Decision-Making

A step-by-step guide to the most efficient and effective method for participatory group decision-making

Are you frustrated by that common challenge called group decision-making? Consensus-Oriented Decision-Making can help! Clearly written and well organized, keep this book by your side and refer to it often. Groups you are part of will function better as a result. -- Peggy Holman, author, *Engaging Emergence: Turning Upheaval into Opportunity*

For any group or organization to function effectively, it must be able to make decisions well. Consensus-Oriented Decision-Making is the first book to offer groups (and group facilitators) a clear and efficient path to generating widespread agreement while fostering full participation and true collaboration. Poised to become the new standard for group facilitation, Consensus-Oriented Decision-Making combines:

- Deep insight into complex group dynamics
- Effective conflict resolution techniques
- Powerful communication skills

Groups using this simple, step-by-step approach experience increased cohesion and commitment and stronger relationships as a result of their successful cooperation. Incorporating the principles of collaboration, inclusion, empathy, and open-mindedness, the consensus-oriented decision-making (CODM) process encourages shared ownership of group decisions. The method can be used in any group situation, regardless of whether the final decision-making power rests with a single person or team, a vote of members, or unanimity. Business, government, nonprofit, social, and community organizations can all benefit from Consensus-Oriented Decision-Making. Whether you are a designated facilitator or an active participant, understanding this powerful framework will help you contribute to the success of your group through achieving maximum participation and efficiency, a clearer decision-making process, better decisions, and improved group dynamics. Tim Hartnett, PhD, is a group facilitator and mediator

who blends extensive knowledge of non-violent communication with insightful understanding of group dynamics and effective techniques for conflict resolution.

Choice

Choice is an invitation to participate in an on-going, dynamic, ever-evolving process of expanded consciousness, compassion and connection with the sacredness of Life.

Speak Peace in a World of Conflict

In every interaction, every conversation and in every thought, you have a choice &— to promote peace or perpetuate violence. International peacemaker, mediator and healer, Dr. Marshall B. Rosenberg shows you how the language you use is the key to enriching life. Take the first step to reduce violence, heal pain, resolve conflicts and spread peace on our planet &— by developing an internal consciousness of peace rooted in the language you use each day. Speak Peace is filled with inspiring stories, lessons and ideas drawn from over 40 years of mediating conflicts and healing relationships in some of the most war torn, impoverished, and violent corners of the world. Speak Peace offers insight, practical skills, and powerful tools that will profoundly change your relationships and the course of your life for the better. Bestselling author of the internationally acclaimed, Nonviolent Communication: A Language of Life. Discover how you can create an internal consciousness of peace as the first step toward effective personal, professional, and social change. Find complete chapters on the mechanics of Nonviolent Communication, effective conflict resolution, transforming business culture, transforming enemy images, addressing terrorism, transforming authoritarian structures, expressing and receiving gratitude, and social change.

Parenting From Your Heart

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. Helping parents to connect compassionately with their children, show them love, and offer guidance even in difficult moments, this practical booklet describes how the Nonviolent Communication (NVC) process can transform parenting to promote peace for generations to come. NVC-based parenting tips and ten practical exercises to foster trust, improve cooperation, and inspire open dialogue are included.

A Mediator's Musings

A collection of articles and Blog posts written in recent years by leading mediator, John Sturrock QC, containing reflections on mediation, negotiation, politics and other topics. As John explains in the Introduction, all proceeds from this book will go to cancer research.

Words That Work in Business

Addressing the most common workplace relationship challenges, this manual shows how to use the principles of nonviolent communication to improve the workplace atmosphere. Offering practical tools that match recognizable work scenarios, this guide can help all employees positively affect their work relationships and company culture, regardless of their position. This handbook displays proven communication skills for effectively handling difficult conversations, reducing workplace conflict and stress, improving individual and team productivity, having more effective meetings, and giving and receiving meaningful feedback, thereby creating a more enjoyable work environment.

Changing the Conversation

You can't change how other people act in a conflict, and often you can't change your situation. But you can change what you do. Changing the Conversation is a graphic, two-colour manual that teaches essential strategies for resolving conflict in your life. Breaking the process down into 17 easy-to-grasp principles, it shows how you can facilitate listening and speaking, build useful dialogue and look for ways forward. Clearly explained, and filled with real-life examples and practical exercises that allow you to test the strategies as you read, Changing the Conversation will show you how to step out of destructive patterns, discover new ways to approach problems, create useful dialogue in difficult situations, and find long-lasting solutions for conflicts.

Youth Transforming Conflict

In 1998, the Council of Europe and the European Commission decided to take common action in the field of youth. Both institutions initiated a partnership agreement with the aim "to promote active European citizenship and civil society by giving impetus to the training of youth leaders and youth workers working within a European dimension". In 2003, additional agreements were signed in the fields of "youth research" and "Euro-Mediterranean youth co-operation". Since 2005, the partnership between the European Commission and the Council of Europe in the field of youth activities has focused on the following topics: European citizenship, human rights education and intercultural dialogue, quality and recognition of youth work and training, better understanding and knowledge of youth and youth policy development. The partnership between the European Commission and the Council of Europe in the field of youth brings together the two institutions' experience in non-formal education, youth policy, youth research and youth work practice. Activities organised within its framework gather representatives of those areas who share their knowledge and experience for the benefit of enhancing evidence-based policy, practice, quality and recognition of youth work and training. Results and other material are made available on the partnership website (<http://youth-partnership-eu.coe.int>) and in various publications, including the Training Kits (T-Kits). T-Kits are thematic publications written by experienced youth trainers and experts and constitute easy-to-use handbooks for educational activities. All activities and publications enhance the exchange of experience and good practice between the actors involved and contribute to the implementation of the political objectives of both partner institutions.

Taking the War Out of Our Words

Whether we are dealing with a rude clerk, our child saying, "That's not fair," our spouse ignoring us, or an uncooperative co-worker, in our struggle to respond effectively, we often become defensive - sometimes without even realizing it. Despite good intentions, we can become manipulative and controlling, even with those we love most. In this groundbreaking book, Sharon Ellison takes us to the root of our communication problems. She shows us how defensiveness functions in our lives and can lead to hurtful power struggles, outlining the six basic patterns we use: * Self-Betrayal * Avoidance * Excuses * Sabotage * Vindictiveness * Blame Using her Powerful, Non-Defensive Communication process, you can express yourself with a compelling blend of vulnerability and honesty. Learn to: * Ask disarming questions that prompt others to drop their defenses and open up * Give direct feedback to others without being judgmental * Express your own beliefs, feelings, and ideas passionately without being adversarial, so you can be heard and respected * Set firm boundaries that create security and clear expectations. "Taking the War Out of Our Words" provides us with vital tools for healing conflict, enhancing self-esteem, becoming more open and spontaneous, strengthening relationships, transforming organizations, and guiding the way toward peace in our global community.

Say What You Mean

Find your voice, speak your truth, listen deeply—a guide to having more meaningful and mindful conversations through nonviolent communication We spend so much of our lives talking to each other, but how much are we simply running on automatic—relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and kind way, without needing to get defensive or go on the attack? In this groundbreaking synthesis of mindfulness, somatics, and Nonviolent Communication, Oren Jay Sofer offers simple yet powerful practices to develop healthy, effective, and satisfying ways of communicating. The techniques in Say What You Mean will help you to: • Feel confident during conversation • Stay focused on what really matters in an interaction • Listen for the authentic concerns behind what others say • Reduce anxiety before and during difficult conversations • Find nourishment in day-to-day interactions "Unconscious patterns of communication create separation not only in our personal lives, they also perpetuate patterns of misunderstanding and violence that pervade our world. With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage, and an open heart." —Tara Brach, author of Radical Acceptance and True Refuge

The Possibility of Popular Justice

DIVCan popular justice ever be a real alternative to the violence and coercion of state law? /div

The Bright Side of Shame

This book provides new ideas on how to work with and constructively transform shame on a theoretical and practical level, and in various socio-cultural contexts and professions. It provides practical guidelines on dealing with shame on the basis of reflection, counselling models, exercises, simulations, specific psychotherapeutic approaches, and auto-didactical learning material, so as to transform shame from a negatively experienced emotion into a mental health resource. The book challenges theorists to adopt an interdisciplinary stance and to think “outside the box.” Further, it provides practitioners, such as coaches, counsellors, therapists, trainers and medical personnel, with practical tools for transforming negative experiences and emotions. In brief, the book shows practitioners how to unlock the growth potential of individuals, teams, and organisations, allowing them to develop constructively and positively.

Education in Times of Environmental Crises

The core assumption of this book is the interconnectedness of humans and nature, and that the future of the planet depends on humans' recognition and care for this interconnectedness. This comprehensive resource supports the work of pre-service and practicing elementary teachers as they teach their students to be part of the world as engaged citizens, advocates for social and ecological justice. Challenging readers to more explicitly address current environmental issues with students in their classrooms, the book presents a diverse set of topics from a variety of perspectives. Its broad social/cultural perspective emphasizes that social and ecological justice are interrelated. Coverage includes descriptions of environmental education pedagogies such as nature-based experiences and place-based studies; peace-education practices; children doing environmental activism; and teachers supporting children emotionally in times of climate disruption and tumult. The pedagogies described invite student engagement and action in the public sphere. Children are represented as ‘agents of change’ engaged in social and environmental issues and problems through their actions both local and global.

The SAGE Handbook of Conflict Communication

This second edition of the award-winning The SAGE Handbook of Conflict Communication emphasizes constructive conflict management from a communication perspective, identifying the message as the focus of conflict research and practice. Editors John G. Oetzel and Stella Ting-Toomey, along with expert researchers in the discipline, have assembled in one resource the knowledge base of the field of conflict communication; identified the best theories, ideas, and practices of conflict communication; and provided the opportunity for scholars and practitioners to link theoretical frameworks and application tools.