

University of Maine: Peace and Reconciliation Department

**PAX 495: Sustainable Communication:**

**The Theory and Practice of Nonviolent Communication**

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Location: **Hutchinson Center**, Rt. 3, **Belfast**, ME.

5:00 – 9:00 pm Monday & Wednesday evenings beginning July 7 thru August 4, 2010

3 credit course can be taken at undergraduate or graduate level

**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 (sm) 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 how it impacts personal and professional interactions and relationships.

**Course Objective:**

Participants can expect to leave the course with practical skills to effectively improve relationships on the personal, academic and professional 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 interest: parenting, personal relationships, teaching, etc.

### ***Graduate credit***

- All of the required texts plus at least 3 from the recommended reading list.
- Plus: Decety, Jean & Ickes, William. (2009) *The Social Neuroscience of Empathy*. Cambridge, MA. Massachusetts Institute of Technology.

### **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

To register please contact the Hutchinson Center

[www.hutchinsoncenter.umaine.edu](http://www.hutchinsoncenter.umaine.edu)

207-338-8000

For more information about course content please contact the instructor  
[peggy@opencommunication.org](mailto:peggy@opencommunication.org)