

# Nonviolent Communication Integration Program

*Opening My Heart ... Opening Communication*

April to November 2011

An Intermediate/Advanced NVC Experience

*9 Months of Deepening NVC Consciousness*

*17 Days of Workshop*

With Gina Cenciose & Peggy Smith

Certified Trainers in Nonviolent Communication

## About This Program

Nonviolent Communication (NVC) brings healing and opens creative expression in our relationships. Integration of these skills happens experientially through interactive teaching and a commitment to practice. This shift in paradigm is exciting and difficult as we have long lived in the world of good/bad, right/wrong, reward/punishment - the domination culture.

This NVC Integration Program focuses on the healing and self-connection aspects of NVC: authentic connection and acceptance of ourselves as whole, vibrant manifestations of life through cultivation of PRESENCE, EMPATHY, and DIALOGUE skills.

We explore deeply our core beliefs, accepting how they both support and limit us. With loving acceptance of all aspects of ourselves we practice effective communication with others.

Our experience is enriched by Gina's passion and skill for integrating rhythm, movement and voice to activate our bodies as well as our minds in support of this work.

Structured with a series of themes and a diversity of activities, this program is designed to progressively deepen each individual's NVC capacity and experience.

## Retreat Dates & Venues

- April 1 - 3, 2011,  
Oceanwood Conference Center,  
Ocean Park, ME
- June 24 - 28, 2011  
Notre Dame Spiritual Center,  
Alfred, ME
- September 9 - 11, 2011  
Notre Dame Spiritual Center,  
Alfred, ME
- October 28 - 30, 2011  
Notre Dame Spiritual Center,  
Alfred, ME
- November 18 - 20, 2011  
Living Water Spiritual Center,  
Winslow, ME

## Program Highlights

- Five Residential Retreats
- Integrating mind, body, and heart
- Mentoring and direct feedback with trainers
- Creating an NVC learning community that includes:
  - ~ pairing with empathy partners
  - ~ interest groups
  - ~ readings
  - ~ journaling
  - ~ home practice



## The Trainers

**Gina Cenciose** has studied and immersed herself in conflict resolution and communication for many years. She is a Certified Community Building facilitator, Restorative Circle facilitator and certified Nonviolent Communication trainer.



She has been sharing NVC full time for 7 years with businesses, faith communities, prisoners, and therapists. She is currently supporting several year-long Integration Programs in North America. Gina serves as a certifying coordinator for the International Center for NVC, training new trainers. ([www.cnvc.org](http://www.cnvc.org)).

She has 25 years experience in healing. She has been combining NVC with Inner Relationship Focusing and will soon be an accredited IR Focusing teacher. Working deeply with beliefs and with meditative inquiry, she helps individuals and groups to embody that which their whole being is yearning for, living from the fullness of being, and healing that which blocks the awareness of love's presence.

[www.embodyingempathy.com](http://www.embodyingempathy.com)



**Peggy Smith** is a certified NVC trainer with the Center for Nonviolent Communication. Currently she teaches NVC full-time through Open Communications, offering workshops, seminars and coaching for individuals, schools, organizations and businesses.

She holds an M.A. from the University of Pennsylvania and taught elementary and middle school for 32 years. Peggy brings her extensive teaching skills, humor and presence to this work.

Peggy is a co-founder of the Maine NVC Network. She is part of the team that produces Phases of the Moon, the monthly newsletter for the Maine NVC Network ([www.mainenvcnetwork.org/newsletter-archives.htm](http://www.mainenvcnetwork.org/newsletter-archives.htm))

With a life-long interest in spiritual traditions and fostering compassion, Peggy is a student of Zen teacher and peace activist, Thich Nhat Hanh and is an active member of his Order Of Inter-being.



[www.opencommunication.org](http://www.opencommunication.org)

### From Gina and Peggy:

"Greetings! As trainers we value being alive in the moment and finding, with the group, what learning is needed. Then, attentive to both group and individual learning needs, we discover synergistic learning together. We invite you to be inspired to invest as much time and energy as you can in the Intensive to make this a rich and rewarding experience. This exciting program is the one we wish we could have attended when we were starting out!"

## Who Could Benefit

- An individual wanting to be more alive in her/his life
- Individuals wanting to deepen their learning and integration of NVC
- Individuals wanting to share NVC with family and friends
- Individuals wanting to teach NVC
- Individuals wanting to bring NVC into their practice or organizations
- Individuals wanting to attain CNVC certification

Participants will be encouraged to start and maintain a regular Self Empathy journal and to receive mentoring in self-empathy with the trainers.

Everyone will have an opportunity to actively participate in NVC interest groups on various topics.

Participants will be offered readings from a variety of material that supports this work and to share reflections with one of the trainers.





## What Former Participants Have to Say

"The Program has met my need for learning, community, intimacy, healing, self-expression, connection with self and others, and fun. I am delighted and inspired as I witness myself and my fellow giraffes shift our relationship to NVC from a skill set from which to act to a consciousness from which to BE." *Lynne Hutchinson -- 2007-09 participant*

"When I started the yearlong NVC program, there was a part of me who had been long ignored yearning and longing for some presence and attention. I knew that NVC was big for me, but that I was a baby giraffe, needing guidance and companions along the way. After completing the program with an extra year added by popular request, I feel that I am so much more present and loving both to myself and to others in my life. I feel so alive!" *Kristi Kirkham, Lincolnville 2007-09 participant*

"This program offered me an opportunity to make a commitment to deeper self awareness and ACCEPTANCE. I have been introduced to new wonder, with the magic of gentle inquiry. Within the container of these sessions, I have strengthened the "muscle" of BEING, and now practicing embodying my deepest values in my relationship with self and others. *P.C. 2009 participant*

## Tuition, Room & Board

*Tuition* for each 3-day weekend - \$275

*Tuition* for the 5-day training - \$550

### Room & Board

April 1 - 3, 2011 - \$180

June 24 - 28, 2011 - \$405

September 9 - 11, 2011 - \$245

October 28 - 30, 2011 - \$245

November 18 - 20, 2011 - \$310

### Total Fees for the Program:

Tuition - \$1,650

R & B - \$1,385

Total - \$3,035



## Registration



Registration is for the duration of the 17 day program. Class size will range from 15 to 30 participants. Please register early to ensure a place. Registration form accompanied by a \$375 deposit will hold your space. \$100 of the deposit is credited to the first session's tuition and \$275 to the last session's tuition.

Payment of all room and board fees is due 4 weeks before the beginning of each session. Deposits are non-refundable unless program cancelled by trainers (then a complete refund will be made). It is expected that participants will pay the tuition fee even if they are unable to attend a session to contribute to the needs of support and consideration.

Registrations should be received before March 7, 2011. A minimum of 15 participants by March 7 will ensure the viability of the program.

Make checks payable to **Open Communication** and mail to Peggy Smith, 2807 Atlantic Highway, Lincolnville, ME 04849.

More information?  
[peggy@opencommunication.org](mailto:peggy@opencommunication.org)

**Registration Form** -- Complete and mail to Peggy Smith, 2807 Atlantic Highway, Lincolnville, ME 04849

Name \_\_\_\_\_ Date \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ (day) \_\_\_\_\_ (night) \_\_\_\_\_ (cell)

I understand that I am enrolling in a nine-month program and intend to follow through by attending the retreats and engaging in the home study components of the NVC Integration Program. It is understood that if I choose not to attend any session I will still pay the full tuition for that session and, if I cancel within two weeks of the session, I commit to paying the room & board fees as well.

[Form revised 9/2/2010]

Signature \_\_\_\_\_

# Integration Program Overview



## Nonviolent Communication Program Maine: 2011

This is a general NVC program with themes that are important to the basic learning and integration of NVC skills and consciousness. Led by Gina Cenciose and Peggy Smith, this is the third Integration program offered in Maine.

This program helps us move NVC from our heads into our way of being. It is dynamic and lively. A strong bond of NVC community grows among the participants.

This year we have chosen meeting sites that are more accessible to the rest of New England. This is an amazing opportunity to develop intermediate and advanced NVC skills while staying in New England.



## The Power of Empathy

April 1 - 3, 2011

Oceanwood Conference Center, Ocean Park, ME

<http://www.oceanwood.org>

In these three full days to explore the deep healing space within every individual that is whole and extends out in joining, embracing and celebrating life. This space is what NVC and Carl Rogers call "empathy". We will focus our loving attention, with gentleness and allowing, onto our inner voices of doom, gloom, scarcity and fear in order to reconnect to our deepest yearnings of love and compassion.



## Transformation of Our Core Beliefs

June 24 - 28, 2011

Notre Dame Spiritual Center, Alfred, ME

Five-Day Retreat

In these five full days, enveloped by our intention to understand our motivations, have more awareness, choice and empowerment in our lives, we will take this time to inquire into the thoughts, assumptions and beliefs that we are living from which make our lives less than wonderful. Many different NVC lenses will be offered to do this group and individual exploration, and we will continue to practice the Art of Empathy, Self Empathy and living from Needs Consciousness through experiential learning.



## Embodying Needs Consciousness

September 9 - 11, 2011

Notre Dame Spiritual Center, Alfred, ME

In these three full days we will connect to the space within that holds the qualities we call needs. We will practice certain exercises and movements to truly expand into these qualities and learn how to embody them more fully in our day to day lives. Our intention is to easily and with flow, be aware of the needs underlying speech and behaviour patterns in ourselves and others moment by moment.



## The Art of NVC Dialogue

October 28 - 30, 2011

Notre Dame Spiritual Center, Alfred, ME

In these three full days we will focus on using the NVC dialogue process to deeply connect to our inner selves while verbalizing a living dialogue with others, staying in the flow of authenticity, aliveness and truth.



## NVC & Empowerment

November 18 - 20, 2011

Living Waters Spiritual Center, Winslow, ME

<http://www.e-livingwater.org>

Here, we will combine the essential aspects of NVC consciousness and process. We will explore even more deeply, the impact of our choices, and our willingness and ability to strengthen and maintain our presence to ourselves and to life moment by moment, day to day.



"The time spent in the year-long NVC circle came at a time for me when I was reeling, looking at major losses and seeking something important, big -- way beyond support or care. To be held in the empathic embrace of a circle -- individuals discovering core beliefs lovingly, revealing feelings and needs from vulnerability, listening from deep presence -- was a rare and wonderful gift. Here, holding 100% responsibility for my experience, transformation and awakening on personal and global levels was slowly revealed as possible, and hope for a whole planet reborn." H.E. 2007-10 participant