

**Evergreen Behavioral Health Association
Eat-Meet-Learn Series presents**

Non-Violent Communication: An Introduction

Tina Taylor, RN, MA



Tuesday, September 15, 2020

6:30-7:00 pm informal gathering (optional)

7:00-8:00 pm presentation

Presentation Description:

Tina will present the basic framework of the Nonviolent Communication model, as originated by Marshall B. Rosenberg in the 1960s. NVC has flourished for more than six decades across over sixty countries as a powerful tool in empathy training, conflict resolution, personal growth, peace and social change activism, inmate rehabilitation, parenting, education, government, and more. NVC is a needs-based framework for connecting at the heart, promoting equality and respect. The "violent" in NVC refers to the damage that judgmental, critical, non-empathic mindsets and language bring to our relationships, including those with ourselves. We will also explore how the NVC

framework can be useful in thinking and conversing specifically about racial inequity, given the current prominence of this issue in our world.

For greater benefit from this presentation, please consider preparing by reading Rosenberg's basic text, "Nonviolent Communication, A Language Of Life"; 3rd Edition, Puddledancer Press, 2015. (Two new chapters since original edition). Alternatively, there are several Youtube videos of MBR teaching, linked on my website on the "Compassionate Communication" page.

About the Presenter:

Tina Taylor is a Registered Nurse (since 1981) with her Master's degree in Counseling (1995) and national yoga instructor certification (2001). Stress Solutions LLC is her private practice, offering holistic stress management, communication skills training, and mediation; as a mediator she has specialties in Eldercare Mediation and Medical Mediation.

Nonviolent Communication (NVC) has been her primary model since 2008, and since 2010 she has volunteered with the Oregon Prison Project, bringing NVC training to inmates at Oregon State Penitentiary in Salem. She also volunteered 2009-2015 with Neighbor-to-Neighbor Mediation Services in Corvallis, providing free mediation for small claims courts and community cases. She has hundreds of hours of NVC training by NVC-certified and other NVC teachers. Tina offers individual and relationship stress management consulting, NVC workshops, in-services for professional and private groups, and a variety of related services.