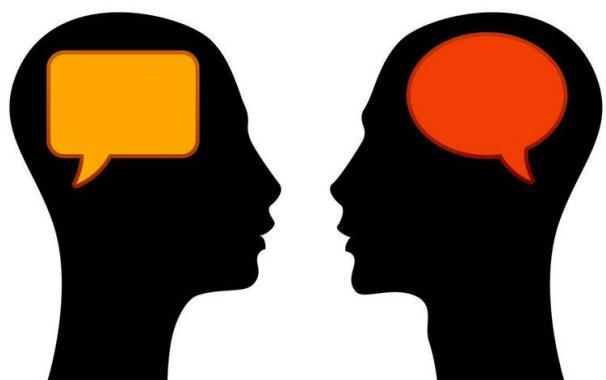


Using Nonviolent Communication in mental health settings

*A 2 day course with
Rufus May, Elisabeth Svanholmer
& CNVC Certified trainer: Carolyn Davies*



*18th and 19th of February,
9.30 -4.00pm
@ Blackheath Quaker Meeting House
Lawn Terrace, SE3 9LL*

Nonviolent Communication (NVC), also known as Compassionate Communication, is a tool that can help people resolve conflicts more quickly and develop more compassion for themselves and others. These two days are a chance to practice using Nonviolent Communication and consider how we can apply it to everyday problems we encounter in mental health contexts.

The course will cover:

- Approaches to listening that deepen your empathic ability
- Increasing the likelihood that you will be heard speaking up about things you care about
- Recognising and working with the underlying values that motivate people
- Ways to respond constructively to judgemental and aggressive communication
- How NVC can be used with different mental health problems and for conflict resolution

Rufus May has worked as a clinical psychologist in the NHS for twenty years he is very interested in compassionate approaches to mental health and has been using NVC for ten years in his work and personal life.

Elisabeth Svanholmer has worked as a speaker and facilitator for 9 years. She was introduced to NVC in 2007 and found it a meaningful way to approach mental health problems. She has used it in her personal relationships as well as with her experiences of hearing voices.

Carolyn Davies has a background in TV producing and has been an avid practitioner of Nonviolent Communication since 2004. She offers trainings in the UK and Australia as a Certified Trainer with the Centre for Nonviolent Communication.

Price: Waged: £150 Concessions: £75

Please note that lunch **is not** provided.

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