

## Communication without violence NVC + Disarming technique - 3h + 3h (full day workshop)

### Workshop: Nonviolent Communication (NVC) and Disarming technique

This workshop is designed to provide you with practical tools and techniques to improve your communication skills, making your interactions more empathetic, clear, and effective. Join the workshop to learn how to navigate difficult conversations and build stronger, more respectful relationships.

You will learn the basic principles of Nonviolent Communication and Disarming Technique to improve the quality of communication in personal and professional life. You will practice the skills in role playing.

**Duration:** 6 hours (3+3 with with 1.5h break)

#### Before the break:

##### 1. Introduction to NVC

- **Understanding NVC:** Learn the foundational concepts of Nonviolent Communication.
- **Benefits of Applying NVC:** Discover how NVC can improve daily interactions and relationships.

##### 2. Basic Principles of NVC

- **Four Components of NVC:** Explore the core elements of NVC: observation, feelings, needs, and requests.
- **Evaluation vs. Observation:** Understand the difference between making evaluations and objective observations.

##### 3. Practical Exercises

- **Recognizing and Expressing Feelings:** Practice identifying and articulating your emotions.
- **Identifying Needs Behind Feelings:** Learn to uncover the needs that drive your feelings.
- **Formulating Requests:** Develop skills to make clear and specific requests.

#### After the break

##### 4. Powerful Disarming Method for Conflictive Situations

- **Disarming Technique:** Find the truth in others' statements to defuse tension and foster mutual respect.
- **Express Empathy:** Practice active listening and reflecting emotions and thoughts.
- **Use "I Feel" Statements:** Communicate your emotions without blaming or criticizing others.
- **Stroking or Affirmation:** Offer sincere, positive feedback to soften interactions.

- **Inquiry:** Ask open-ended questions to encourage sharing and understanding.
- 5. **Role-playing:** Engage in role-playing exercises to apply the disarming technique in real-life scenarios.
  
- 6. **Dealing with Difficult Situations**
  - **Responding to Criticism and Accusations:** Learn strategies to handle negative feedback constructively.
  - **Practical Scenarios and Role-playing:** Participate in exercises to practice dealing with challenging situations.
  - **Communicating Dislikes:** Develop techniques to express disapproval of someone's behavior effectively.
  
- 7. **Summary and Questions**
  - **Discussion of Key Takeaways:** Review the main points covered in the workshop.
  - **Q&A Session:** Address any remaining questions and clarify doubts.

**Trainer: Dr. Marzena Rusanowska**

I am a psychologist, psychotherapist, training facilitator, and scientist. My passion lies in merging the findings from my own research and global scientific teams with practical applications in therapeutic work with individuals and training sessions with groups. Through my trainings and therapeutic sessions, I passionately demonstrate how scientific knowledge can enhance our daily lives and improve our functioning in a complex world.

As a therapist, I practice integrative psychotherapy. My scientific background in clinical psychology enables me to deeply understand emotional disorders and utilize various methods and techniques in my work with clients. My approach is rooted in systemic family therapy, contextualizing individual issues within the family dynamic. I also incorporate short-term therapy, psychodynamic elements, mindfulness practices, cognitive-behavioral techniques, and deep emotional work. I work with individuals, couples, and families.

#### **Qualifications and Experience:**

- **Education:** I earned my Master's and PhD in psychology from Jagiellonian University. I obtained my psychotherapist qualifications from the Polish Institute of Integrative Psychotherapy in Krakow.
- **Research and Training:** My research focuses on the functioning of individuals with emotional disorders, such as depression. I have gained extensive experience through therapeutic work and scientific research at prestigious institutions, including:
  - **Jagiellonian University:** Completed my doctorate in clinical psychology.
  - **University of California, Berkeley, USA:** Studied cognitive behavioral therapy and conducted research.

- **College of William and Mary, Williamsburg:** Collaborated on depression research and completed my doctorate.
- **University of Oxford:** Worked on diagnostic projects related to emotional disorders, particularly depression.
- **University of Akureyri, Iceland; University of Oslo, Norway; University of Roehampton, London:** Held research placements.

Currently, I am based at the Institute of Psychology of the Polish Academy of Sciences in Warsaw, where I continue to study emotional disorders and the process of returning to full functioning. My work is dedicated to bridging the gap between scientific research and practical therapeutic applications, helping individuals and groups navigate their emotional challenges effectively.