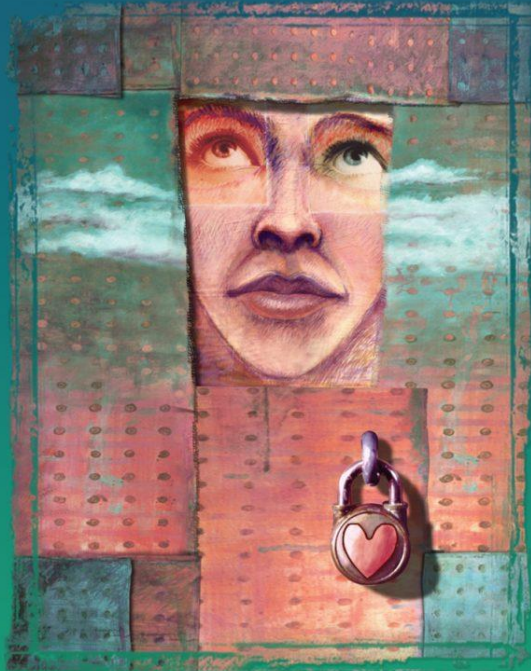


Getting Past the Pain *Between Us*

Healing and Reconciliation Without Compromise



A presentation of Nonviolent Communication ideas and their use by

Marshall B. Rosenberg, PhD

Bestselling author of *Nonviolent Communication: A Language of Life*

Getting Past the Pain *Between Us*

Healing and Reconciliation Without Compromise

In this important training excerpt, Marshall Rosenberg demonstrates the powerful healing potential of Nonviolent Communication™ (NVC). Transform emotional pain, depression, shame, and conflict into empowering connections. As Rosenberg shares, emotional pain is simply a sign of unmet needs. He provides simple steps to create the heartfelt presence necessary to reconnect to our needs and foster healing. Learn how to transform your relationships and find satisfying reconciliation by moving beyond pain to a place of clear, honest communication.

Through participant role-plays and everyday examples, Rosenberg demonstrates the key to healing pain and conflict without compromise. The healing power of NVC provides a practical and effective tool for individuals, mental health practitioners, mediators, families, and couples.

Nonviolent Communication will help you:

- Transform shame and depression into personal empowerment
- Address pain or conflict at the onset using empathy
- Heal old pain
- Strengthen your connection to your own needs and wants
- Let go of unhealthy habits that block empathy and healing
- Strengthen the quality of personal and professional relationships

“Marshall Rosenberg provides us with the most effective tools to foster health and relationships. Nonviolent Communication is the missing element in what we do.”

— Deepak Chopra, author, *How to Know God*,
and *Ageless Body, Timeless Mind*

Marshall Rosenberg, PhD (1934–2015), was the founder and educational director of the Center for Nonviolent Communication (CNVC). He travelled throughout the world mediating conflict and promoting peace. www.CNVC.org



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