



Nonviolence and Mediation II

Founder of this methodology called Nonviolent Communication (NVC), is the American clinical psychologist Dr. Marshall Rosenberg (see www.cnvc.org). His philosophy has spread worldwide over the last 30 years and is successfully applied in conflict situations. It is perceived as stress and anxiety reducing by clients and practitioners while also promoting mutual understanding and collaboration. This training advances the foundational work of NVC with the most recent research and insights in psychology and relationships.

NONVIOLENCE AND MEDIATION II

Participants who have successfully completed Nonviolence and Mediation I are welcome to participate in the 6-day training Nonviolence and Mediation II. This hands-on training is offered to mediators and those who in an official capacity work with conflict and want to develop, broaden and deepen their empathic skills in order to support the creation of sustainable solutions. The training aims to further consolidate and expand the skills you've already acquired. Each training day will focus on a specific, frequently occurring theme. The time between training days, spread over a total of 10 months, gives you ample opportunity to apply what you've learned.

CONTENT / TOPICS

You will be asked to prepare for each training day so that our time in the training can be used efficiently. You also are invited to collaborate in practice groups outside of the training hours. Understanding one's own emotional experience and those of clients is an essential part of the core skill that makes a skilled mediator. Using the specific topics each training day you will broaden your skills in addressing these special situations. To help your clients effectively, personal growth in the areas of emotional awareness, self-regulation, relational and communication skills is required. We will also address issues of transference, countertransference and contaminating a mediation.

DAY 1 Intimate relationships

- Relationship types
- Power differences
- Intimacy, energy and dynamism
- Co-dependent behaviour and self-esteem
- Communication and active listening

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DAY 2 Dealing with anger

- Recognizing anger
- Understanding anger
- Expressing anger
- Being able to hear anger.
- Conflict management
- Violence.

DAY 3 Feedback

- The purpose of feedback
- Elements of feedback
- Forms of feedback
- Feedback and empathy
- Paraphrasing

DAY 4 Empathy and self-empathy

- Empathy and the role of the mediator
- Impartial or omni/poly-partial
- Self-esteem and empathy
- Empathic burnout
- Self-empathy and taking responsibility
- Sacrifice

DAY 5 Trauma

- Trauma and characteristics of trauma
- Handling and support and care for traumatized clients
- Identifying the conflict and its environment
- Contact with the environment and the relationship with the client(s)
- The impact of the trauma on the lives of those affected and involved

DAY 6 Appreciation

- What is appreciation
- How do you express appreciation
- Punishment and reward
- Appreciation gone sideways: manipulating
- Disempowering appreciation

- Appreciation that creates trust and brings people together

LEARNING OBJECTIVES

1. Knowledge and application of Nonviolent Communication on yourself, in the relationship with the parties, and in the (mediation) process.

- The 4-step model (observation, feeling, need, request) and empathic awareness.
- Overcoming complications during mediation (including creating clarity and understanding between parties, redirecting emotional turmoil, restoring structure and calm).
- Integrating NVC mediation skills: Active listening, translating statements into feelings and needs, understanding what is unsaid and involving the parties in the process, connecting interruptions, connecting self-expression, emotional self-regulation/self-care, tracking, empathy/perspective-taking, promoting and supporting sustainable decision-making.

METHODOLOGY

This is a hands-on training. Although we will discuss the theory the main focus is work experience oriented. You will be invited to apply Nonviolent Mediation on your own case histories and you will deepen your understanding by working with others in your group.

TIME AND DATE

See the schedule on the website www.bridgingspaces.nl. Unless otherwise indicated, the training always starts at 10:00 AM and ends at 5:00 PM. During the training, you can take advantage of one hour of free personal peer supervision.



ACCREDITATION

This training is accredited by the MfN (Dutch Association of Family and Inheritance Law).

Mediators receive 38 PE points for this training in category 1A.

This training is also accredited by the Association of Family and Inheritance Law Attorneys and Divorce Mediators (vFAS). Members of this association receive 36 PE points for participating in this training.

TRAINER

The training is provided by Mr. Govert van Ginkel. Over the past 45 years, he has held various legal positions, advising and mediating in employment disputes, coaching and training directors and managers, providing leadership, serving on a hearing committee, and chairing an industrial tribunal. He has been self-employed since 2001. Between 2005 and 2007, he trained in Nonviolent Communication with Dr. Marshall Rosenberg in the USA. He provides training and coaching, offers mediation services, and is an accredited intervisor for the vFAS and NOvA, The Dutch Bar Association.

YOUR INVESTMENT

€ 2390,- (Sales Tax Exempt) (6 days including coffee, tea, lunch, manual and 1 hour of peer supervision).

IN-COMPANY

Request a quote mail@govertvanginkel.nl

This training is available for (interview) groups upon request. A discount is available if the group provides its own training location at the law firm and provides its own catering.

WHAT LAWYERS AND MEDIATORS SAY

ABOUT THIS TRAINING:

"The training has made me calmer, more empathetic, and more confident as a mediator.

By listening to my clients without judgment, I can guide them better. My modified approach gives clients better insight into their needs and helps them manage their feelings. As a result, they are much better able to make lasting and appropriate agreements with each other. My mediations are now less conflictual, more pleasant for both myself and my clients, and even more successful!" – Mr Lisa Hermus, Mediator/marathon mediator, director of Het Scheidingscollectief

"Govert teaches you to listen and speak from a place of connection and respect for your own and others' needs, so that communication becomes clearer and relationships are healed." – Mr Saray Kehrens, lawyer and MfN Registered Mediator

"I completed GC-Mediation I last year and I use everything I learned in my practice. It's a highly effective method and teaches parents to transition from ex-partners to fellow parents. The method combines perfectly with the skills we've learned as VFAS lawyers. We've gained new tools to implement appropriate interventions and learned techniques that support our personal development." – Mr Fabrizia De Wit-Facchetti, lawyer & vFAS/MfN mediator

"The training has given me a different perspective on myself and others, and I've also noticed that I have more compassion for myself. The training has given me a lot of peace of mind and I find it very valuable for both myself and my mediation practice." – Marjel Kempen, certified mediator

"The course content provides me with concrete tools and is effective, not only for me personally but also for my professional practice. As a participant, the training doesn't just happen to you; you more or less choose its intensity." Pauline Willems, certified mediator

"It was a valuable training for me because every judgment in communication provokes a reaction from the other person. By becoming aware of this, we can prevent conflicts." – Tilly van Deursen, certified mediator

"This training met my need for knowledge and skills in communicating effectively with myself and others. It was definitely worth it for my life and work." – Lidy Verwey, certified mediator

"I learned a lot about the true and effective way to connect, connect, and communicate." – Jeanneke van Santvoort, certified mediator