

Mediation with Nonviolent Communication

Title in Swedish:

**Skapa möten och kontakt genom medling
Att agera tredje part med Nonviolent Communication
(Creating connection by mediation. Being third party using NVC)**

Author: Liv Larsson

liv@friareliv.se

+46 911 2411 44

Publiser:

kay@friareliv.se

Friare liv förlag

Mjösjölidvägen 477

946 40 Svensbyn

Sweden

+4670 39 33971

www.friareliv.se

I. The Content (What is the book about?)

Mediation with NVC has its focus on creating connection between the parties, no matter what has happened before the mediation. The strategy of focusing on connection is based on the belief that if you can create a connection then you can solve most conflict.

This book is about how the principles of NVC can be used in mediation. It contains an extensive exercise program that helps the reader practise all different parts of a mediation. It also has a theoretical background on NVC and how this approach can be used for mediation purposes.

Furthermore it elaborates on mediation and on a system based on domination versus a more life-serving system, on mediation and reconciliation, formal and informal mediation, etc.

It has some illustrations, most of which are in the chapter about mediation with children where they are used to create clarity and inspiration.

It also contains deepening thoughts about mediation in groups, at a workplace, in crime situations etc.

A. Premise

Doing workshops on mediation I found that it was hard for people to grasp all the parts of a full mediation process at once, as it was quite overwhelming to keep all the different tracks and components of mediation in mind. So I decided to split up the learning in different

segments (for ex. translating judgements, tracking, self-empathy, interrupting), so that the different components could be practised separately. After having practised all this separately it turned out that it was much easier for people to do a full mediation where all the parts are interwoven. The book is written around these exercises to make it a real hands-on tool for practising mediation.

B. Unique Selling Proposition

If consumers in the target market purchase and read “Mediation with Nonviolent Communication, they will:

- gain clarity and understanding of the different parts of the mediation process
- be able to better support others in connecting
- get trust in that its worth trying to mediate
- gain bigger trust in their skills in being a third party
- learn to deal with obstacles (labels, enemy images, judgements)
- get to know effective ways of handling internal dialogue that might otherwise risk getting in the way of being effective in mediating
- understand the differences between formal and informal mediation
- gain a deeper knowledge and interest in NVC
- get a deep understanding of why it can be such a challenge to use NVC in a domination-based society

because the book:

- outlines the relevant parts of the mediation process
- describes valuable tools and how to use them (tracking, listening and translating, “pulling the jackal by the ear”, interrupting, first-aid empathy, self-empathy)
- provides extensive exercises for self-study and groups
- contains know-how for special mediation situations (with children, in groups, in crime situations)
- builds confidence that mediation is a skill that can be learned
- provides people who are excited about the “success stories” they hear about from Marshall Rosenberg or other NVC trainers with hands-on tools to acquire mediation skills themselves
- encourages the reader in his inner process
- is written from a perspective keeping the larger picture in mind

C. Overview

(1) description of the problem or need

Doing workshops on mediation I found that it was hard for people to grasp all the parts of a full mediation process at once, as it was quite overwhelming to keep all the different tracks and components of mediation in mind.

(2) presentation of the solution, and

I have created different exercises for practising different parts of the mediation process, for example translating judgements, tracking, self-empathy (a practical tool for the mediator to handle any internal dialogue that might otherwise risk getting in the way of being effective in mediating), interrupting etc. This way the process of learning mediation is split up and that makes it so much easier to learn and grasp.

The book is written around these exercises to make it a real “hands-on” tool for practising mediation. The other content in the book is written in a way that supports the learning from the exercises.

(3) amplification of the solution through concrete applications.

The book contains many exercises, both for individuals and for groups.

It addresses some of the most common challenges in mediation with NVC and suggests ways of dealing with them. It also creates a theoretical framework.

It also shows how important the view on “the nature of human beings” is to be able to mediate in a way that takes everybody’s needs in consideration.

D. Manuscript

1. Manuscript Status

Printed in August 2008 in Swedish.

2. Special Features:

Illustrations for clarification of different parts of the mediation, for example how to mediate between children.

3. Anticipated Manuscript Length

The Swedish version of the book has 58 500 words, which corresponds to around 280 pages in a A5-format.

4. Anticipated Manuscript Completion Date

Ready in Swedish 20 June, 2008

II. The Market (Who will buy this book?)

A. Demographic Description

The audience for this book will be twofold: Mediators and mediators-in-training, judges, lawyers and university classes have already expressed their interest. However, since learning about mediation is an investment in any kind of relationship, at work, with your children or spouse, friends and other people you would like to connect with in times of conflict, this book is relevant for anyone who wants to deepen his NVC skills and contribute to connection and peace in his direct surroundings.

B. Psychographic Description

The audience of this book is made up of human beings who are

- experiencing a lot of conflicts in their lives
- wanting more peace and long term solutions when it comes to solving conflicts
- realizing that not all human beings will want to actively study communication skills à la NVC, so if they want to create peace in their close surroundings, it is a great idea to acquire some mediation skills.
- wanting hope to contribute more to people
- longing for more skills to contribute to connections
- wanting to deepen her/his NVC skills.

As many people mediate – often informally – this book can be of use for almost anybody.

C. Affinity Group

- NVC community
- NVC trainers and certification candidates
- NVC mediators
- NVC counsellors (especially those working with couples)
- participants of NVC year trainings
- participants of NVC mediation trainings
- participants of IITs, Special Sessions and NVC retreats
- relationship counsellors
- people working with mediation
- anybody interested in social change
- students of university courses in mediation and conflict resolution (have requested to use it as we have used the exercises in previous education with them)
- participants of "offender- victim" mediation trainings
- judges and lawyers in Sweden have already shown interest

Since interest has been expressed for the book even in languages such as Thai, Estonian and Polish, it can be assumed that its content would be relevant for any part of the world and that there would be an audience for the English version far beyond the United States.

D. Competition (What else is available that covers the topics covered in this book?)

Part of the content is covered in Marshall Rosenberg's books.

We have published Marshall Rosenberg's book "We can work it out" in Swedish, which created a lot of interest. Many readers wanted to know more and asked "How do you actually do it!?!". That is why our book is built around many hands-on exercises and goes much deeper into the subject than what is covered in Marshall Rosenberg's books and other books on NVC.

For a buyer who is not aware of the special benefits of NVC mediation (creating

connection instead of compromise) and simply looks for a mediation book in a bookstore, any other mediation book might compete with this one for his or her attention.

III. The Author (Why are you the best possible author for this book?)

A. Background

I have been a certified NVC trainer since 2002 and have been working extensively with mediation as well as with trainings for mediators. My experience includes mediation in various different cultures (Sweden, US, Sri Lanka, Thailand and France). For 20 years I have worked as a management consultant and project leader coaching groups and leaders.

Previously I have translated three of Marshall Rosenberg's books ("NVC - a language for life", "Life enriching education", "We can work it out"), Inbal Kashtan's "Parenting with a heart" and six of Vilma Costetti's books for children into Swedish.

B. Previous Writing

So far, I have authored 3 books about NVC - a NVC workbook (in Swedish), a book about communication and humor (in Swedish), and a NVC book for children (in Swedish, that has been translated into Polish, Estonian and French). Since 2003, I have been writing monthly for a Swedish magazine where people can ask questions about communication. Samples of my written work are available on request.

C. Personal Marketing

- I have a large network in and outside the NVC community who would be willing to endorse the book, including U.S. and international NVC trainers and organisations whose names are known to a large part of the target audience (close connections e.g. to BayNVC, NVC Academy...)
- Many people who have had previous training in NVC said that my way of teaching the mediation process has given them a lot of practise that can be used in live mediations. They also say that they have gained a deeper clarity about the NVC process connected to mediation and deepened their ability to track what is going on.
- I am leading English-language NVC trainings every year with a truly international attendance ("The Art of Living Together"), where I will of course promote my book as deepening literature.
- I am leading an annual international NVC trainers' assembly
- Furthermore, my team and I attend many international conferences and retreats, where we sometimes offer workshops on NVC mediation and also mention our offers in some conversations with people.
- I will strongly promote the book in my newsletter.
- I do have my own website (www.friareliv.se), available both in English and Swedish. One feature that attracts international visitors are English teaching bits, e.g. on "enemy images", in audio format (that are linked on some popular NVC link collections).
- My team and I are involved in the NVC Academy, where we teach teleclasses and answer questions from the students in both writing and recorded answers that are

published on the NVC academy's students panel.

- I could imagine writing articles on mediation in order to create curiosity among potential readers.
- Since 2003, I have been writing monthly for a Swedish magazine where people can ask questions about communication.

Chapter-by-Chapter Synopsis

Foreword – on NVC, mutuality and how mediation is supported in some cultures by their way of living.

Chapter 1 What is mediation?

The chapter describes mediation as an approach to handling conflict, how the view of human nature and justice can get in the way of mediation or help us create connection. In what way mediation already is and is not a part of our culture.

Chapter 2 The dream about a world without conflicts

Conflict resolution based on how conflicts are seen in a domination system vs. a more life-serving system, how to create win-win solutions.

Chapter 3 Informal mediation – sticking your nose into other people's business

On mediating without being invited to do so. Passivity when I see violence vs. stepping in, obedience – following the norm, reference to Stanley Milgram etc.

Chapter 4 Revenge or forgiveness – are there other options?

Loosing face, "superficial forgiveness"/deep forgiveness, "excuse me" in NVC, never do anything to avoid shame or guilt, and how all this influences a mediation situation.

Chapter 5 NVC and mediation

Basics (observation, feeling, needs and request), obstacles for mediation (how labels, enemy images, judgements etc. get in the way), Conflict on strategy level rather than on the need level, openness for creative solutions, compromise vs. shifting.

Chapter 6 Practical tools - What skills do I need to mediate

tracking, listening and translation, "pulling the jackal by the ear", interrupting, first-aid empathy, self-empathy; purpose of mediating and mediate or educate.

Chapter 7 Exercises – practice, practice, practice

your own purpose in being a third part; tracking, listening and translation, pull the jackal by the ear, interrupting, first aid empathy, self-empathy etc.

Chapter 8 On formal mediation

On formal mediation, preparation before the mediation, structure to support formal mediation, coercion vs. free choice. how to start, how to end, etc.

Chapter 9 Variations of mediations and sensitive situations/issues

How to deal with threats, the mediator's own reactions, recording, demands, giving in, etc. mediation in groups, restorative justice/mediation with crime situations, appreciation.

Chapter 10 Mediation with children

If an adult is 3rd party or not – how does that effect, to compare vs. to observe, taking part and its tragic effects, protective vs. punitive use of force etc.

(Illustrations to get a clearer image on how to do it).

Afterword

Study plan

About the author

The model of NVC, feelings and needs lists etc.

Reference list