

SPD 571
Compassionate Communication
Monday-Friday 8:00 a.m. -11:00 a.m. Winter 2009

Education is not the filling of a pail, but the lighting of a fire.
William Butler Yeats

Instructor Name	Brian Walker
Office Hours	by appointment
Telephone	Office: 816.524.3550x6849 Home: 816.554.1688
E-Mail	walkerbs@unityonline.org
Required Texts	Rosenberg, Marshall. (2003). Nonviolent Communication: A Language of Life. Encinatas, CA: Puddle Dancer Press.
Other Required Reading	1) "Spiritual Basis of Nonviolent Communication" available at http://www.cnvc.org/en/what-nvc/spiritual-basis/spiritual-basis-nonviolent-communication 2) Marshall Rosenberg's Response to the Events of September 11, 2001 available at http://cnvc.org/en/what-nvc/articles-writings/marshall-rosenberg-s-response-911/cnvc-founder-marshall-rosenberg-s-response-events-september-11-2001
Recommended Reading	Leu, Lucy. (2003). Nonviolent Communication: Companion Workbook. Encinatas, CA: Puddledancer Press. McKenzie, Mary. (2005). Peaceful Living: Daily Meditations for Living with Love, Healing, and Compassion. Encinatas, CA: Puddledancer Press. Rosenberg, Marshall. (2005). Speak Peace in a World of Conflict: What You Say Next will Change Your World. Encinatas, CA: Puddledancer Press.

Course Description

Based on the work of Marshall Rosenberg, Compassionate Communication is a language of compassion, a spiritual practice and a tool for positive social change. The process of Compassionate Communication helps us create a connection with what is alive in ourselves and others moment-to-moment, facilitating discussion of tough issues and peaceful conflict resolution. The practice of Compassionate Communication supports the creation of a world that works for everyone through a heightened awareness of what gets in the way of natural giving and receiving.

Learning Objectives

Upon completion of this course, students will be able to:

1. Describe the four-step Compassionate Communication Process, distinguishing between observations and evaluations, feeling and thinking, needs and requests, and requests and demands.
2. Utilize the process of Compassionate Communication to have a greater awareness of their feelings and needs moment to moment and how effectively to meet your needs while honoring the needs of others.
3. Demonstrate the resolution of an interpersonal conflict peacefully and with mutual satisfaction.
4. Explain the relationship between personal consciousness being a peaceful change agent, and your contribution to creating a more compassionate world.

The above objectives partially fulfill the following program outcomes for the Master of Divinity program: MD-3 Recognize and practice personal habits that provide for a healthy ministry.

The above objectives partially fulfill the following outcomes for the Certificate in Unity Ministry:

C-3 Recognize and practice personal habits that provide for a healthy ministry.

The above objectives partially fulfill the following program outcomes for the Master of Arts in Religious Studies:

MA-3: Create and maintain a personal spiritual practice.

Class Schedule

Class	Date	Topic	Reading Assignment	Paper/Exam/Activity
1	1/8	Introduction and Overview, Spiritual basis of Compassionate Communication.	Read NVC - Chapters 1-3. Spiritual Basis of Nonviolent Communication available at http://www.cnvc.org/en/what-nvc/spiritual-basis/spiritual-basis-nonviolent-communication	Discussion of Compassionate Communication as a spiritual practice and the premises of Compassionate Communication
2	1/9	Compassionate Communication basic concepts	NVC - Chapters 4-7	Exercises in exploring key concepts - observations, feelings, needs and requests
3	1/10	Self-empathy and expressing anger.	NVC - Chapters 8-10	Practice applying Compassionate Communication for self-empathy and dealing with anger.

Class	Date	Topic	Reading Assignment	Paper/Exam/Activity
4	1/11	Protective use of force. Liberating ourselves and counseling others	NVC - Chapters 11-12; http://cnvc.org/en/what-nvc/articles-writings/marshall-rosenberg-s-response-911/cnvc-founder-marshall-rosenberg-s-response-events-september-11-2001	Discussion of the protective use of force and exercises in mourning and forgiveness
5a	1/12	Expressing appreciation.	NVC - Chapter 13.	Exercises in expressing appreciation.

Assignments for the Master of Divinity program:

1) Keep a journal, which includes:

- Reflection of your daily class experiences
- Reflection of outside class experiences which are significant to you.
- Applying the Compassionate Communication concepts to your experiences.

On the first day of class, there will be a discussion of the Compassionate Communication journaling process. A journaling form will be distributed.

2. Write a reflection paper based upon the entries in your journal.

Tell if and how your life has changed as a result of your experiences of applying the principles of Compassionate Communication. Include in the paper specific examples (including dialogue) of your application of Compassionate Communication.

Write at least 2,000 words. The paper is due Jan 14th by 4:30 pm.

Grading

Assignment	Possible Points	Meets Learning Objective
Reflection paper	150	2,3,4
Classroom participation	50	1,2,4

Final Grade Determination:

180 - 200 points = A

- 160 - 179 points = B
- 140 - 159 points = C
- 120 - 139 points = D
- Below 119 points = F

Assignments for the Certificate program:

1. Keep a journal, which includes:
 - Reflection of your daily class experiences
 - Reflection of outside class experiences which are significant to you.
 - Applying the Compassionate Communication concepts to your experiences.

On the first day of class, there will be a discussion of the Compassionate Communication journaling process. A journaling form will be distributed.

2. Write a reflection paper based upon the entries in your journal.

Tell if and how your life has changed as a result of your experiences of applying the principles of Compassionate Communication. Include in the paper specific examples (including dialogue) of your application of Compassionate Communication. You may choose to include an imagined dialogue of how an interaction may have gone. Write at least 1,500 words. The paper is due Jan 14th by 4:30 pm.

Grading

Assignment	Possible Points	Meets Learning Objective
Reflection Paper	100	2,3,4
Classroom Participation	50	1,2,4

Final Grade Determination

- 135 - 150 points = A
- 120 - 134 points = B
- 105 - 119 points = C
- 90 - 104 points = D
- Below 90 points = F

Assignments for the Master of Arts in Religious Studies program:

- 1) Keep a journal, which includes:
 - Reflection of your daily class experiences
 - Reflection of outside class experiences which are significant to you.
 - Applying the Compassionate Communication concepts to your experiences.

On the first day of class, there will be a discussion of the Compassionate Communication journaling process. A journaling form will be distributed.

2. Write a reflection paper based upon the entries in your journal. Tell if and how your life has changed as a result of your experiences of applying the principles of Compassionate Communication. Include in the paper specific examples (including dialogue) of your application of Compassionate Communication. You may choose to include an imagined dialogue of how an interaction may have gone. Write at least 2,000 words. The paper is due Feb 1 by 4:30 pm.

Grading

Assignment	Possible Points	Meets Learning Objective
Reflection Paper	150	2,3,4
Classroom Participation	50	1,2,4

Final Grade Determination

- 180 - 200 points = A
- 160 - 179 points = B
- 140 - 159 points = C
- 120 - 139 points = D
- Below 119 points = F

Expectations of Students

Students are expected to come to class having read the assigned material and being prepared to discuss it.

Classroom Protocol

The following guidelines will be discussed on the first day of class.

- Fully present
- Non-judgmental listening
- Each person takes responsibility for having their own needs met
- Balance group and individual needs
- Personal sharing stays here
- No unasked for advice

Late Assignment Policy

Late assignments will be handled on a case by case basis. See the instructor as soon as you know that an assignment is going to be late.

Attendance Policy

Classroom attendance and participation are an essential part of this course and missing classes will have a significant impact on the final grade. Missed class work is impossible to make up.

Academic Honesty

Unity Institute assumes that all students desire to pursue their academic and transformational work with honesty and scholarly integrity. Cheating, plagiarism, facilitating academic dishonesty and misrepresentation of self or other students are prohibited. Students may seek the assistance from others as long as the student submitting the assignment is actually doing the work.

- If a faculty member discovers a student violating academic honesty the following penalty may be applied, depending upon the severity of the infraction:
 1. A reduced grade for the assignment.
 2. A grade of zero for the assignment.
 3. An “F” for the course.
 4. Remand the decision to the full faculty.
- A report will be sent to the faculty, the Dean, as well as kept in the student’s permanent file.
- For further information about academic honesty, students are directed to review the Unity Institute Catalog and Unity Institute Student Handbook.

Special Concerns

If students have any special concerns and/or challenges that may affect their performance in this course, they are encouraged to speak with the instructor immediately so that any accommodations, if necessary, may be made.

Selected Bibliography

<http://cnvc.org/en/what-nvc/articles-writings/articles-writings>