THE INTEGRATION PROGRAM ONLINE 2020-2021

NYCNVC.ORG

With NYCNVC Trainers Clara Moisello, PhD and Antonio Espinoza
A PATH TO AWAKEN OUR NATURAL COMPASSION IN OUR LIVES, OUR RELATIONSHIPS, OUR WORLD
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• The Integration Program Online is an advanced NVC curriculum and growth support system unfolding over eight months (October, 2020 - May, 2021). Throughout the program, we provide you with the opportunity and support to learn NVC in a meaningful way and build an empathic support network that is essential to make NVC an embodied perspective, consciousness and practice in your life.

• The program consists of three 8-week modules, plus an opening and closing session (see details about dates/times and content). Throughout the program, you will work with the program leaders, facilitators and other fellow participants to integrate the core skills of empathy, self-empathy and dialogue, ultimately learning to connect to feelings and needs in meaningful ways that will help you increase the quality of all your relationships, starting from the one with yourself.
Our approach to sharing NVC is grounded in the core understanding that “this is not a quick fix”. We believe NVC is more than a language model or a “way we speak”, but rather a revolutionary way to understand and navigate our relationships, grounded in an awareness of needs as the doorway to our common humanity. At the heart, learning and integrating NVC involves a deep look at habitual, disconnecting patterns of thinking and language, and the creation of new ones that can support connection, compassion and conflict resolution.

For this reason, we believe that anyone who intends to take this path seriously needs to be in for the long run. This means dedication, time and practice.

The Integration Program Online provides a solid foundation for the personal integration and real-life application of this practice well beyond the end of the program.
This program will take place entirely online using Zoom software. All sessions will be recorded and made available to participants for review.
DATES AT A GLANCE

Opening Session
Sun. 18 Oct. 2020

Module 2 - Self-Empathy
21 Jan. – 11 Mar. 2021

Module 1 - Empathy
22 Oct. – 17 Dec. 2020

Module 3 - Dialogue
1 Apr. – 20 May 2021

Closing Session
Sun. 23 May 2021
• Sunday, October 18
1:30PM - 4:00PM EDT

• This session will provide an opportunity for the group to connect, share intentions, review logistics and core agreements, and officially begin our journey together.
MODULE 1: EMPATHY

• 8 weekly meetings | 2.5 hours each | October 22 - December 17, 2020*

• Thursdays 6:30PM - 9:00PM (EDT)

• Exact dates: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

• *PLEASE NOTE: no session on Thanksgiving (11/26)
MODULE 2: SELF-EMPATHY

• 8 weekly meetings | 2.5 hours each | January 21 - March 11, 2021
• Thursdays 6:30PM - 9:00PM (EDT)
• Exact dates: 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11
MODULE 3: DIALOGUE

- 8 weekly meetings | 2.5 hours each | April 1 - May 20, 2021
- Thursdays 6:30PM - 9:00PM (EDT)
• Sunday, May 23, 1:30PM - 4:00PM (EDT)

• This session will provide an opportunity to celebrate the closing of our journey together, harvest the experience and talk about future opportunities.
THE THREE MODULES

EMPATHY

SELF-EMPATHY

DIALOGUE
EMPATHY ~ OVERVIEW

- The first module is intended to support participants in having a deeper integration of empathy and seeing our world empathically. Throughout these first eight sessions, we will learn to increase our capacity for being present, focus our awareness on feelings and needs and cultivate an intention for curious and open listening, to ourselves and one another.

- Feelings and needs are the focus of empathy, so our relationship to them directly influences the quality and depth of our empathy. Throughout this module, with practice and exercises, we will broaden and enrich our understanding and experience of these “life energies”, thereby deepening our integration of empathy and building a fruitful, sustainable empathy practice into our daily lives.
EMPATHY ~ LEARNING OBJECTIVES

• Understanding what empathy is and the role it plays in our lives
• Understanding the difference between ‘giving empathy’ & ‘seeing people empathically’
• Strengthening our connection to feelings & needs
• Understanding and practicing ‘focus’
• Understanding and practicing ‘presence’
• Cultivating an intention of curiosity and openness
• Practicing skills for ‘speaking our empathy’
• Empathy for met needs and unmet needs
• Learning to navigate the challenges that emerge while listening empathically
SELF-EMPATHY ~ OVERVIEW

• After establishing a foundation in ‘seeing’ feelings and needs in the people around us, we turn the attention inwards to develop our self-empathy skills. Our ability to self-empathize is a requisite skill for living out our needs consciousness in the world. Deep empathy, dialogue, mediation and perhaps most importantly, knowing what we want to do - versus what we think we should do - are all supported by our skills in self-empathy.

• This module is intended to establish and deepen our ability to self-empathize as a key to being compassionate with ourselves, in our significant relationships and in our professional lives. Through self-empathy we can understand what we want and how to get it in a way that is in harmony with our values. We can hold a more compassionate view of the world more often. We can practice NVC anywhere and everywhere.
SELF-EMPATHY ~ LEARNING OBJECTIVES

- Understanding and practicing the key components of self-empathy
- Refining our ability to notice and translate our judgments
- Refining our ability to connect to our feelings and to our body sensations
- Slowing down/Interrupting for self-connection
- Working with triggers/intensity/anger
- Transforming our relationship to pain through mourning
- Transforming shame/guilt/self-judgments into life serving energies
- Self-empathy for our ‘mistakes’
- Making needs-based decisions and working with apparently conflicting needs
- Understanding our beliefs through the lens of needs
- Developing the ability to appreciate and celebrate ourselves
DIALOGUE ~ OVERVIEW

• Once we have established our journey to seeing ourselves and the world empathically, dialogue is the way to support us creating a world where everyone’s needs matter. Needs-based dialogue is grounded in deep mutual understanding and provides a path to navigate and transform conflict in any relationship. This is a profound shift, away from the use of guilt, shame, and coercion, to a new way of operating, based on empathic listening, expressing, and understanding - a challenging, yet doable and fulfilling undertaking.

• Navigating authentic dialogue includes an understanding of ‘needs-based requesting’. The act of making a true request, by definition, is born from a foundation of understanding and empathic connection. Requests are a way we can create change in our world, such that everyone’s needs are considered and honored. Ultimately, it is by requesting (not demanding or coercing) that we can create a world around us where people’s actions are led by a desire to give from the heart and contribute to others.
DIALOGUE ~ LEARNING OBJECTIVES

• Navigating conflict/Surfing intensity
• Transforming enemy images
• Learning and practicing authentic connected dialogue
• Moving from apologies to needs-based restoration
• Exploring our relationship to hearing and saying ‘no’
• Understanding and applying the key attributes of requests
• Distinguishing requests from demands & boundaries
• Distinguishing connection requests from action requests
• Distinguishing agreements from rules
• Creating compassionate boundaries/Protective use of force
PRE-REQUISITES
WHO IS THIS PROGRAM FOR?

• This program is designed for people who want to take a deeper journey into the skills and consciousness of NVC and be able to build a meaningful practice in their lives - for real. Our minimum prerequisite is an introductory NVC program of at least 14-18 hours, which includes (but is not limited to) the completion of one or more of the following programs:

• NYCNVC Discovery Weekend
• NYCNVC Discovery Program Online
• NYCNVC 10-week Practice Group
TUITION FOR THE ENTIRE PROGRAM:

• First Time Participant - $1,500
• Reviewer - $1,200

• Upon registration, you can choose to pay tuition in full or in three installments of $500 ($400 for reviewers) to be paid in full by the following deadlines:
  • First installment: October 11, 2020
  • Second installment: January 14, 2021
  • Third installment: March 25, 2021

• *Contact us* to discuss any concerns you have regarding finances.
ATTENDANCE AGREEMENT
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- While our wish is for every participant to attend the program in its entirety, we understand that this is a long-term commitment and that life may get in the way, so that you may need to miss a session at times.

- To address this need for flexibility, while supporting integrity, learning, community and care in our group work, we would like to propose the following core agreements for attendance in the program.
  - We request participants to attend ‘live’ at least 6 out of 8 sessions for each module, as well as the opening and closing session.
  - For the sessions you miss, we request that you listen to the recording before the following session, and that you reach out to a fellow participant to practice any exercise(s) that you missed.
  - If you already anticipate missing more than 2 sessions per module, we ask that you do not register without contacting us first.
  - If an exceptional circumstance occurs during the program, we ask that you contact us promptly to discuss ways to address it that consider all the different needs involved.
To register: **CLICK HERE**

For questions:

Email us at coursecoordinator@nycnvc.org

Leave a voice message at +1 (646) 201 9226