

# **About Nonviolent Communication (NVC)**

**Nonviolent Communication (NVC)** (also called *Compassionate Communication*) is a way of speaking, thinking, and perceiving that uses honesty and transparency to reduce conflict and defensive reactions in interpersonal and group conversations, and tends to increase feelings of trust and connection. It has two aspects: how you honestly and authentically express yourself, and, if you wish, how you extend empathy to someone who has just spoken.

*Restorative Circles*, a relatively new application of Nonviolent Communication, is a way of applying the method for conflict resolution.

## **Websites:**

**US:** [www.cnvc.org](http://www.cnvc.org); [www.nvctraining.com/nvc/cnvc](http://www.nvctraining.com/nvc/cnvc)

**France:** [www.cnvc.org/training/countries/france](http://www.cnvc.org/training/countries/france)

**Germany:** [www.cnvc.org/training/countries/germany](http://www.cnvc.org/training/countries/germany)

**Israel:** אלימה לא לתקשורת הישראלית המרכז; [nvc\\_israel@hotmail.com](mailto:nvc_israel@hotmail.com)

**Czech Republic:** [www.cnp.cz](http://www.cnp.cz)