

TRANSFORMING ADDICTIVE OR CRIMINAL BEHAVIOR:

What Neuroscience & Nonviolent Communication Have to Offer

DECEMBER 9-11, 2015

The Hutchinson Center - University of Maine
80 Belmont Ave, Belfast, Maine

\$285 for all three days

Lunch Included

DID YOU KNOW THAT

- ▶ human brains are **hardwired** to understand and **be understood?**
- ▶ your brain is able to **grow** and become **more integrated**, no matter what age you are?
- ▶ **self-sabotaging behaviors** are **paradoxically crafted** to support life?
- ▶ the language we use can **transform** the way the brain holds its memories?
- ▶ every experience of **effective empathy** helps the brain **change destructive patterns?**

Deeply rooted in the science of Interpersonal Neurobiology (IPNB), CNVC Certified Trainer and internationally published author Sarah Peyton offers **three days** of learning experiences that help participants **integrate** an understanding of trauma and how to work with it. Both Nonviolent Communication (NVC) and recent findings in the field of neuroscience

will be included to support the participants in experiencing why and how resonant language works to heal brains. The workshop is fully **interactive** and will consist of practical, applicable theory, demonstrations and practice.



For more information, visit: empathybrain.com

SPACE IS LIMITED

Register for this event online:
opencommunication.org/SarahPeyton.html

CEU's available. For more information:
207-789-5299 / peggy@opencommunication.org

WHY MIX NVC AND NEUROSCIENCE?

Developing clarity about the way we use language and how we affect one another brings precision and ease to relationships with clients.

WHAT BRINGS RELIEF FROM REACTIVITY?

Reactivity is the intrusion of unhealed moments from the past into the present. The brain believes that all of our unhealed memories still exist in present time. And from the new understandings in brain research we now have a map for healing, repairing and integrating the parts of the brain that are required for emotional stability under stress and successful interrelationships.

YOU WILL INTEGRATE:

- ▶ Knowledge and information of **how our brains work**
- ▶ An understanding of the **contribution of trauma** to addiction and difficult behaviors
 - ▶ Experiences of the **transformation** that resonance brings to brains that are struggling
 - ▶ Reflections on **how to use this knowledge** and skills after the workshop

Special Guest - Alton Lane
graduate of Mid-Coast Regional Re-Entry Center and now a practitioner and co-teacher of Nonviolent Communication.

SPONSORED BY:

Open Communication - opencommunication.org

Open Communication is dedicated to bringing Nonviolent CommunicationSM consciousness and practical skills to people of all ages and life circumstances. Open Communication helps people develop skills we all can use to foster sustainable internal, interpersonal and organizational peace. Open Communication has been offering Nonviolent Communication training at Mid-Coast Regional Re-entry Center since 2010.

Clarity Services, LLC - clarityservices.us

At Clarity Services, LLC we understand that groups of people working together face many challenges and we specialize in offering basic tools and skills that will not only get you through a time of challenge, but will also improve the effectiveness of your group process going forward.

Midcoast Regional Re-Entry Center

MCRRC offers a program-rich environment to slowly transition offenders into a prosocial lifestyle before returning to our communities. The program includes classes, community service, mentoring, gardening and employment in a dynamic program that has significantly impacted recidivism and reduced incarceration costs.