

Listen to be Heard

An Introduction to Compassionate Communication

With Mary Kay Reinemann and Donna Riemer

Compassionate Communication helps groups of two or more work together in meeting everyone's needs and offers the tools to transform conflicts into valued connections. Compassionate Communication is a "Crafting Community" workshop offered by the Center for Community Stewardship.

Would you like to...

- ▶ Improve the quality of your personal and professional relationships?
- ▶ Express yourself in a way that meets your need to be heard fully?
- ▶ Experience the joy of more authentic connection with others in daily life?
- ▶ Learn how to be immune to insult?
- ▶ Be an agent of compassion in your family and your community?

AGENDA

At this 4-hour Saturday workshop, Listen to be Heard, expert practitioners will teach you

10 AM – Noon What *compassionate communication* is all about
4 (count 'em) ways of hearing (how never to be insulted again!)

Noon Bring your own brown bag lunch. Refreshments included.

12:30 PM – 2 PM How to play "Empathy Poker"
How to be an agent of compassion and create sanctuary

2:15 PM – 2:45 PM Bonus Half Hour: How to organize practice groups

REGISTER TODAY

Date: Saturday, April 18, 2009

Time: 10 AM - 2 PM + Bonus half hour to 2:45 PM.

Open Door Policy: Come when you can and leave when you must.

Location: Pleasant Ridge Waldorf School "Old Main Building" (Little White Schoolhouse at the Corner of Decker & Washington), 321 E. Decker Street, Viroqua, WI

Registration: \$20/person. No one will be turned away for lack of funds.
Contributions over \$20.00 are tax deductible.

To register or for questions about registration, email sara.c4cs@gmail.com. Make checks payable to The Center for Community Stewardship and pay at the door. Cash or checks only.

Hosted by Center for Community Stewardship
www.community-stewardship.org

About Mary Kay Reinemann and Donna Riemer



Mary Kay Reinemann is a retired teacher who has been learning, teaching and practicing Marshall Rosenberg's "Nonviolent Communication" since May of 2004 when she first encountered and recognized it as a simple, generic, complete and transformative practice which she could actually hope to learn and integrate in a single lifetime. She began teaching and organizing practice groups in order to have people to practice with, and is enjoying watching a whole community blossom into being. She facilitates several regular practice groups, is a founding member of the newly formed Alliance for Compassionate Justice and considers an introduction a success when it leads to the beginning of a new local group. She hopes to see groups emerge with emphases on partnering, parenting, education, business, healthcare and other specialized applications of the process. She is currently studying with Robert Gonzales, president of the NVC board of directors, and working toward eventual certification.



Donna Riemer is a Board Certified Psychiatric Mental Health Nurse, Legal Nurse Consultant, and Certified Traumatologist. With more than 20 years clinical nursing experience. Ms. Riemer has worked with both perpetrators of violence and trauma survivors. Voted as Wisconsin Nurse of the Year in 2000, she is an active member of the American Psychiatric Nursing Association, (APNA) and the International Association of Forensic Nursing, (IAFN). She has served on the 2007 APNA Seclusion/ Restraint (S/R) Task Force and on the 2008 APNA Workplace Violence (WPV) Task Force, and is currently serving on The Trauma-Informed Care Advisory Committee for the State of Wisconsin.

Ms. Riemer, a published author and experienced key note speaker was profiled in the September 2008 issue of The Promoting Awareness, Victim Empowerment, (PAVE) News Letter for her contributions in helping to create sanctuary and reduce violence in a forensic psychiatric hospital setting and has since been appointed Clinical Outreach Director for the organization. Ms. Riemer has been practicing and teaching Nonviolent Communication, (NVC) based on the model by Marshall Rosenberg, PhD for over 4 years. She will share her personal experience of how she has applied NVC in her nursing practice which has resulted in converting a maximum security forensic psychiatric hospital unit into a trauma-informed, trauma-sensitive unit that reduced violence by 50% in 1 year.

Compassionate Communication is based on Marshall Rosenberg's Nonviolent Communication methods. (www.CNVC.org)

Thanks to our program sponsors, Community Development Alternatives Inc. and Viroqua Community Theater, for supporting compassionate communication.