

Nonviolent Communication (NVC) Resource List

Compiled by Paige Hector, LMSW, Certified Trainer with CNVC

paige@paigeahead.com

www.paigeahead.com

520-955-3387

NVC resources are extensive, and many certified trainers have websites that offer a variety of tools and articles. This list represents a few of the resources (open access) that I have found helpful on my NVC learning journey. Book recommendations begin on page 2.

Basics of Nonviolent Communication by Inbal Kashtan and Miki Kashtan, [Basics of Nonviolent Communication – BayNVC](#)

Key Facts About Nonviolent Communication (NVC) from PuddleDancer Press and the Center for Nonviolent Communication, [Layout 1 \(nonviolentcommunication.com\)](#)

Key Assumptions and Intentions of NVC by Inbal Kashtan & Miki Kashtan, <https://nvc-articles.s3.us-west-1.amazonaws.com/Inbal-Miki-Kashtan/MK-IK-Key-Assumptions-And-Intentions-Of-NVC.pdf>

Basic Pitfalls of Using NVC by Miki Kashtan, [Basic Pitfalls of Using NVC | Psychology Today](#)

The 4 Components of Nonviolent Communication by Marshall Rosenberg, [4 components of NVC 4 \(rev 6.20.19\) \(nonviolentcommunication.com\)](#)

The 4-Part Nonviolent Communication (NVC) Process, [4-Part Nonviolent Communication \(NVC\) - PuddleDancer Press](#)

Making Life More Wonderful by Julie Lawrence, <https://makinglifemorewonderful.com.au/find-peace/>

Nonviolent Communication by Paige Hector, [Nonviolent Communication - Caring for the Ages](#)

From Protection to Collaboration: What to Do and Say to Empower Ourselves When Hearing a Difficult Message by Paige Hector and Aya Caspi, [From Protection to Collaboration: What to Do and Say to Empower Ourselves When Hearing a Difficult Message - Caring for the Ages](#)

The RAIN of Self-Compassion by Tara Brach, [Blog: The RAIN of Self-Compassion - Tara Brach](#)

What Does It Mean to Be “Emotionally Literate?” by Yvette Erasmus, [What Does It Mean to Be "Emotionally Literate"? - Dr. Yvette Erasmus](#)

Courageous Communication a Nonviolent Communication Curriculum for the Maine Coastal Regional Reentry Center by Peggy Smith, [Courageous Communication, a curriculum by Peggy Smith \(opencommunication.org\)](#)

Radical Acceptance: The technique to alleviate suffering, <https://psychology-spot.com/radical-acceptance/>

Non-violent communication as a technology in interpersonal relationship in health work: a scoping review, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10916228/>

Construction of educational technology on non-violent communication between health professionals: an experience report, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10103637/>

NVC Academy, [Nonviolent Communication Training, Free Intro NVC Course \(nvcacademy.com\)](https://nvcacademy.com)

The Center for Nonviolent Communication (CNVC), [The Center for Nonviolent Communication | Home of NVC - Center for Nonviolent Communication \(cnvc.org\)](https://cnvc.org)

Three podcasts with Aya Caspi, Certified Trainer with The Center for Nonviolent Communication

1. The Empowering Three-Part Series | Building Trust (Part 1 of 3). In this episode, host Diane Sanders-Cepeda, DO, CMD, and special guest Aya Caspi, discuss what to do and say to show care and restore trust when our choices of words and actions have a negative impact on others.

[AMD A On-The-Go | The Empowering Three-Part Series | Building Trust \(Part 1 of 3\) - PALTalk | iHeart](#)

2. The Empowering Three-Part Series | Speaking and Listening in Ways That Matter (Part 2 of 3). In this episode, host Diane Sanders-Cepeda, DO, CMD, and special guest Aya Caspi, discuss how to speak and listen in a way that lets others know they matter without having to agree with them.

[AMD A On-The-Go | The Empowering Three-Part Series | Speaking and Listening in Ways That Matter \(Part 2 of 3\) - PALTalk | iHeart](#)

3. The Empowering Three-Part Series | Boundaries with Care (Part 3 of 3). In this episode, host Diane Sanders-Cepeda, DO, CMD, and special guest Aya Caspi, discuss boundaries with care, including how to care for ourselves without dropping others and how this will enhance our clinical practice and relationships.

[AMD A On-The-Go | The Empowering Three-Part Series | Boundaries With Care \(Part 3 of 3\) - PALTalk | iHeart](#)

Book Recommendations (Nonviolent Communication and Trauma Informed Care)

Nonviolent Communication by Marshall B. Rosenberg

Speak Peace in a World of Conflict by Marshall B. Rosenberg

Dementia Together by Patti Bielak-Smith

The Heart of Nonviolent Communication by Stephanie Bachmann Mattei and Kristin Collier

Connecting Across Differences by Jane Marantz Connor and Dian Killian

Pathways to Nonviolent Communication by Jim Manske

The Highest Common Denominator by Miki Kashtan

A Hidden Wholeness by Parker Palmer
The Empathy Factor by Marie Miyashiro
The Myth of Normal by Gabor Mate
What Happened To You? by Bruce Perry and Oprah Winfrey
Born For Love by Maia Szalavitz and Bruce Perry
Waking the Tiger by Peter Levine
In An Unspoken Voice by Peter Levine
Say What You Mean by Oren Jay Sofer
Your Heart was made for This by Oren Jay Sofer
Your Heart Was Made For This by Oren Jay Sofer
Anger, Guilt & Shame by Liv Larsson
Collaborating in the Workplace by Ike Lasater
Words That Work In Business by Ike Lasater
How to Have Antiracist Conversations by Roxy Manning
The Antiracist Heart by Roxy Manning and Sarah Peyton
Affirmations for Turbulent Times by Sarah Peyton
Your Resonant Self by Sarah Peyton
Living Nonviolent Communication by Marshall B. Rosenberg
Reflections on Living Compassion by Robert Gonzales
Practical Spirituality, A Q&A Session with Marshall Rosenberg
Compassionomics by Stephen Trzeciak and Anthony Mazzarelli
The Grieving Brain by Mary-Frances O'Connor
Bearing the Unbearable by Joanne Cacciatore
Choose Your Words by Melanie Sears
Humanizing Health Care by Melanie Sears
A Helping Hand, Mediation with Nonviolent Communication by Liv Larsson
Live Compassion by Kathy Ziola
Rest is Resistance by Tricia Hersey
Urban Empathy by Dian Killian and Mark Badger