



Choose Your Words: Harnessing the Power of Compassionate Communication to Heal and Connect

Dr Melanie Sears PhD

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Communicating effectively with a client or patient who has been diagnosed with a mental illness can be a challenge. This guidebook is an introduction to an approach called Nonviolent Communication (NVC): a set of communication strategies that allow you to develop clear, compassionate connections with the people who look to you for help. NVC creates mutually satisfying exchanges and creates safety so that deep levels of healing can be realized. You will learn to notice when you are using language in ways that are likely to trigger defensive reactions and how to choose language which allows authenticity, understanding and trust to flourish.

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