

# Loving Ourselves with Warmth and Curiosity

## The Recover Compassionately Series

Facilitated by

**Dr. Mark A. Friedman**

Certified Coach, Compassionate Communication Trainer, Educator and "Recovering Blamer"

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The Richard Roman Institute

Greater Hartford, CT USA

[www.richardroman.com](http://www.richardroman.com)

**Tuesdays, 7 to 9pm Eastern/New York Time**  
**August 3rd • August 10th • August 17th • August 24th**

### An Interactive Zoom Video Workshop

Four two-hour online Zoom classes

One twenty-minute online Zoom individual coaching session

An online forum for group discussions outside of class

**Recover Compassionately** is a three-part, non-sequential series of online training, offering individuals struggling with thinking and behaviors that disconnect them from life-affirming choices, a way of living authentically with oneself and compassionately with others.

**Loving Ourselves with Warmth and Curiosity** is one part of the three-part Recover Compassionately series that includes four 2-hour online classes, a 20-minute individual coaching session and an online forum for group discussions – focused on nurturing ourselves.

Recover Compassionately is designed for those struggling with life-defeating habits or an addiction (including alcoholism, substance addiction, behavioral addiction, relationship addiction, codependency and life-alienating patterns learned while growing up in a dysfunctional home), as well as the friend or family member of someone struggling with life-defeating habits or an addiction in their life. Recover Compassionately is based on the principles of Compassionate or Nonviolent Communication (NVC) while tying in principles from twelve-step

and other recovery programs as well as other spiritual practices and life-development paradigms.

## **Self-Defeating, Addictive Habits and Nonviolent Communication**

Self-defeating and addictive habits are complicated and painful experiences that affect individuals and families regardless of their social, cultural, economic or racial background. Addiction to alcohol and other drugs, as well as to substances like sugar and tobacco, as well as to behaviors like work and sex, as well as to unconscious habits that are no longer effective negatively impacts individuals, families, organizations and economies worldwide.

Dr. Marshall Rosenberg, creator of Nonviolent Communication, might say:

***"Self-defeating or addictive habits are a tragic expression of an unmet need."***

Nonviolent Communication suggests that everything we do, including the practice of habits and the use of any substance or behavior, is an attempt to meet some deeper universal human need. Perhaps, a need to connect with others (companionship), for enjoyment (fun, play and satisfaction), to reduce anxiety (relaxation), to get things done (ease and efficiency), for pleasure or to celebrate life. The strategy of practicing a habit or using a substance or behavior, is only that: a strategy. The underlying motivators – or needs – of the practice of that habit or of the use of that substance or behavior varies greatly in any given situation and with any individual. When we unconsciously, habitually or addictively continue to practice some habit or use some substance or behavior that no longer serves the underlying needs that motivated our initial use of that habit, substance or behavior, the habit, substance or behavior is no longer contributing to the quality of our life as we had intended, and may be alienating our lives from fulfilling what is authentically important to us.

Nonviolent Communication aims to help one develop the clarity to understand, "What need am I (or is someone else) trying to meet when practicing some habit or when using some substance or behavior?" When one understands an underlying need behind the practice of a habit or the use of a substance or behavior, and distinguishes that need from a specific strategy, one discovers that there may be many strategies for meeting the same need or set of needs.

In Nonviolent Communication, through understanding the needs behind the practice of habits and the use of behaviors that alienate us from life, we learn to make life-affirming choices, and act in ways that authentically and joyfully fulfill our lives and the lives of those around us.

## **The Recover Compassionately Series**

The **Recover Compassionately Series** includes three non-sequential online trainings:

- **Loving Ourselves with Warmth and Curiosity** is intended to strengthen one's connection with self or spirit, and empower oneself to make life-affirming choices.

- **Nurturing Relationships with Care and Connection** is intended to build, strengthen or repair one's relationships both caring for oneself and empathically connecting with family, friends, co-workers and community.
- **Honoring Life with Courage and Authenticity** is intended to empower one's ability to act courageous and boldly, creating a powerful and rich life that one loves.

### **Prerequisites and Relevance**

Each training is designed independently. The trainings may be taken in any order. Each training requires the completion of the two-hour online **Fundamentals of Compassion** course, or completion of an equivalent introduction to Nonviolent Communication.

**Fundamentals of Compassion** will be offered as an interactive, two-hour, online Zoom workshop on **June 29th from 5 to 7pm Eastern/New York Time**, on **July 27th from 5 to 7pm Eastern/New York Time**, as well as at other times to accommodate participants interested or registered in **Loving Ourselves with Warmth and Curiosity**. Fundamentals of Compassion is offered on a sliding scale with a tuition of \$15 to \$30. No one will be turned away from Fundamentals of Compassion for financial reasons. Please contact Dr. Mark A. Friedman at 860-263-9263 or [drmarkafriedman@richardroman.com](mailto:drmarkafriedman@richardroman.com) should you wish to register for Fundamentals of Compassion.

Attending Fundamentals of Compassion would be one way of dipping into Nonviolent Communication and how it is shared and practiced by Dr. Mark A. Friedman to assist in deciding if you would like to attend the Loving Ourselves with Warmth and Curiosity training.

**Recover Compassionately** is designed for the individual identifying as an addict and choosing twelve-step recovery, the individual identifying as an addict and choosing a path other than twelve-step recovery, and the individual who does not identify as an addict but acknowledges some self-defeating habit or behavior in their life.

### **Objectives of Loving Ourselves with Warmth and Curiosity**

The objectives of Loving Ourselves with Warmth and Curiosity include:

- Eliminate guilt, shame, blame and judgement of oneself and others.
- Strengthen one's connection with one's self and one's values.
- Create and practice choice rather than habitual or addictive behaviors.
- Align one's behaviors with the needs, values and objectives that are important to one's life.

If you are participating and succeeding in a twelve-step recovery program, you will learn to:

- Deepen your embodiment of twelve-step principles, and connect more strongly with the Higher Power of your understanding through a new, complementary and powerful perspective on recovery.

If you are participating and struggling in a twelve-step recovery program, or struggling with the concept of a Higher Power, you will learn to:

- Develop and connect with a spirituality and an approach to life and recovery that resonates with your own beliefs and values.

If you are not participating or choosing not to participate in a twelve-step recovery program, you will learn to:

- Understand and connect with a life-enriching practice and philosophy that empowers you from an awareness and strength that resides within yourself.

For more information on Compassionate Communication (or Nonviolent Communication), visit the website of the Center for Nonviolent Communication at [www.cnvc.org](http://www.cnvc.org).

For more information on Compassionate Communication (or Nonviolent Communication) and Addiction, visit the Puddle Dancer website at <https://www.nonviolentcommunication.com/learn-nonviolent-communication/nvc-addiction>.

## **Tuition of Loving Ourselves with Warmth and Curiosity**

The cost for Loving Ourselves with Warmth and Curiosity is offered on a sliding scale.

\$200 – The full price for this class is the actual cost of the class. If you choose to pay a price below the full price, you are receiving a discount.

\$150 – The middle-of-the-road price for this class is for those who are able to meet their basic needs but have little expendable income. Paying for this class at the middle-of-the-road price may qualify as a sacrifice but it would not create hardship.

\$100 – The bottom-line price for this class is for those who struggle to meet basic needs. Paying for this class would be a hardship.

\$250 – The contributing-to-others price for this class is above the actual cost of the class. The extra money goes towards supporting scholarships for this class. It's an opportunity to take the class and support others to take our courses.

Register with your full price payment by July 27th and receive a 15% discount.

## **Registration for Loving Ourselves with Warmth and Curiosity**

To register in for Loving Ourselves with Warmth and Curiosity, fill out the registration form at <http://bit.ly/RecCompReg01>.

## **Future Courses in the Recover Compassionately Series**

### **Nurturing Relationships with Care and Connection**

Tuesdays 7 to 9pm Eastern/New York Time

September 7th • September 14th • September 21st • September 28th

An Interactive Zoom Video Workshop  
Four two-hour online classes  
One twenty-minute online coaching session  
An online forum for group discussions outside of class

### **Honoring Life with Courage and Authenticity**

Tuesdays 7 to 9pm Eastern/New York Time  
October 5th • October 12th • October 19th • October 26st  
An Interactive Zoom Video Workshop  
Four two-hour online classes  
One twenty-minute online coaching session  
An online forum for group discussions outside of class

### **Questions and Additional Information**

Please contact Dr. Mark A. Friedman at 860-263-9263 or [drmarkafriedman@richardroman.com](mailto:drmarkafriedman@richardroman.com) for answers to questions or for additional information.



# Dr. Mark A. Friedman

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**Dr. Mark A. Friedman** is inspired to create and live in a world of Beloved Community where authentic, joyful giving and receiving contribute to living the richest of lives. Mark is a Certification Candidate with the Center for Nonviolent Communication (CNVC) who has been living, knowing and sharing Nonviolent Communication (NVC) for close to a decade. Mark is also pursuing a Certification in Kingian Nonviolence with On Earth Peace. He deeply values community, contribution, education and authenticity.

Mark's journey with NVC started while considering shifting his professional focus from a technical emphasis to a spiritual emphasis when he picked up and reread Marshall Rosenberg's Nonviolent Communication. Mark mentioned his interest to a friend who coincidentally was looking to offer a communication course in the school for the homeless (Beat of the Street) that she was organizing. Mark designed and taught three trainings on Nonviolent Communication at the school, and his NVC voyage was off and running.

Among the CNVC trainers with whom Mark has studied are Robert Gonzales, John Kinyon, Miki Kashtan, Thom Bond and Stephanie Bachmann Mattei. He completed Gonzales's Life Program with a group in Colorado, Kinyon's Mediate Your Life with a group in Boston, Bond's Discovery Weekend in New York City, Kashtan's online Responding to the Call of Our Times, and Bachmann-Matei's online Peer Parenting and Leadership Program.

Mark has always enjoyed working with others to create organizations and community. Mark is an organizer for the Candidates/Community Active Learning Forum (CALF) where he works with Sylvia Haskvitz, Michael Dillo, Rita Herzog, Ellen Eisenberg and Anne Walton supporting CNVC candidates on their certification path. He has served as an organizer of NVC International Intensive Trainings (or IIT-like events) in Virginia, Brazil, Italy, New York and Florida. He is currently the organizer of the CNVC Virtual Intensive Training. Mark is a member of the Board of Directors of Houston NVC, serves as a contributor to the Rocky Mountain Compassionate Communication Network, and offers technical support of online NVC events (VITs, NVCfest, NVC Conference) through the NVC Academy. He has delivered trainings in NVC, created and facilitated several NVC practice groups, and participates as a member of the NVC African

Diaspora Men's Group. Mark is currently co-founding Connecticut NVC with two colleagues on the CNVC certification path as they look to bring a 3-day training on NVC and Parenting to Connecticut. He is planning to create an online NVC practice group for the LGBTQ+ community.

Mark is a certified life coach having completed the Coaching for Transformation program of Martha Lasley's Leadership That Works. He is pursuing a certification in Kingian Nonviolence with On Earth Peace based on the west coast. Mark regularly serves as a coach and head coach in the Landmark Self Expression and Leadership Program (SELP).

When Mark is not coaching or sharing Nonviolence, professionally, he works as a computer scientist – previously, as a professor at Trinity College in Hartford, CT and Central Connecticut State University, and as an employee/consultant at IBM Corporation, Hewlett-Packard Corporation and Digital Equipment Corporation. Most recently, Mark has designed, developed and delivered non-traditional education to individuals with special needs, provided professional technology trainings, and developed Internet technologies and applications. Dr. Friedman received his doctorate in Computer Science from the University of Wisconsin-Madison researching computer architecture, artificial intelligence and programming languages. He has a Bachelor's of Science and Masters of Science in Computer and Systems Engineering from Rensselaer Polytechnic Institute in Troy, NY, and a Masters in Computer and Information Science from Syracuse University.

Over the years, Mark has volunteered his services in technical and social service organizations as a coach, instructor, organizer, committee chair, board member and creator of online and in-person conferences.

Mark has actively and regularly participated in several twelve-step recovery programs for close to three decades, and has explored several non-twelve-step recovery programs over the years.

Mark was born and raised in New York City. He currently lives outside of Hartford, CT. He enjoys theater, dining on fine foods, outdoor activities and spending quality time with friends and family.