**History of “Is There More” Dialogue**

This particular method and combination of phrases was compILed by Kathleen Golden, an experienced NonViolent Communication (NVC) teacher and individual and couples’ therapy counselor/coach (Big Island, Hawaii). She compiled this technique based on the teachings and writings of Jack Zimmerman and Jacquelyn McCandless, Harville Hendricks and Marshall Rosenberg. Since learning this technique from Kathleen, we have added some additional phrasing and nuances learned from other couples’ teachers and therapists, such as Terry Real. See Bibliography on our website at [www.dialoguepracticegroup.weebly.com](http://www.dialoguepracticegroup.weebly.com).

There are several key concepts and practices that underlie the Dialogue Practice as we teach it:

1) **Council for Couples** – as taught by Jack Zimmerman and Jacquelyn McCandless

 *“The council process is an effective form for developing the practice of deep listening and honest heartfelt expression. Council can be used for articulating feelings, making decisions, resolving conflicts, co-visioning, sustaining authentic dialogue and many other basic needs in intimate partnerships….. In a couples' council, couples take turns sitting across from each other. Each partner speaks until he or she is finished and then passes the talking piece to the other partner. Each partner attempts to both express himlherself and understand the others values and needs with respect and appreciation. The purpose is to be present, to connect and to understand one another in a mutually empowered and creative way.” (From an article by Kathleen Golden, called “The Council Process. See full article in our website:* [www.dialoguepracticegroup.weebly.com](http://www.dialoguepracticegroup.weebly.com).

The talking piece can be any object that has special meaning to the participants and can be part of a more elaborate ritual for setting the stage for the communication process. See “Flesh and Spirit” by Jack and Jacquelin.

2. **Reflection or Mirroring** – as taught by Harville Hendricks and Marshall Rosenberg.

Briefly, Harville calls it “Mirroring” and it involves listening to your partner’s comments, restating them without altering their meaning, and then asking for confirmation that you “got it…”

Reflection in Marshall’s words, is “To make sure the message we sent is the message that’s received, ask the listener to reflect it back..in their own words what they heard us say.”

We have a more complete definition and understanding on our website: see the blog, “Mirroring/Reflection” under General Blogs, [www.dialoguepracticegroup.weebly.com](http://www.dialoguepracticegroup.weebly.com).

We have added our own leaning and experience from using these techniques; for Dee for ten years prior to her beginning her relationship with Ken. Together we have used these techniques in our own relationship for the past three years and teaching it to other couples and individuals in both Oahu and Maui for about two years. Although we love the intimacy and spiritual deepening that these techniques can contribute to couples in committed relationships, we have been encouraged to share these powerful techniques with individuals because of the relevancy of using these skills in any relationship to deepen connection and understanding.

Zoe and Robert attended our first couples’ workshop about two years ago and have been practicing with us in both the Intros and the more advanced “Circle of Lovers” couples’ co-counciling group that comes with more intensive practice and experience of the “Talking Stick Dialogue”. These skills combined with the many skills they have learned through the “Forum” and their own life skills make them compassionate and empathic coaches for this technique and in the current form of Practice that we are now teaching. In addition, they have given us helpful critiques and feedback for our development as teachers and facilitators of these skills.

See “About Us” page on website for more info: [www.dialoguepracticegroup.weebly.com](http://www.dialoguepracticegroup.weebly.com).

Dee and Ken, 9/2/12