
Brian Tolkin



Brian is a junior at Mercer Island High School and has been involved in the mediation program for three years. He is also very active in his school and local community and serves on several committees in each arena. When he's not participating in community service, Brian plays varsity golf and intramural basketball. In his limited spare time, Brian enjoys listening to music, watching sports and hanging out with friends.



City of Bellevue Department of Planning and Community Development
P.O. Box 90012 Bellevue, WA 98009-9012



*Bellevue
Neighborhood Mediation Program*

425-452-4091

Update

March 2007

The Compassionate Listening Project

(Adapted from the Compassionate Listening Project Website: <http://www.compassionatelistening.org>)

The Compassionate Listening Project (TCLP) is a non-profit organization based near Seattle, Washington. Founded in 1997 by Leah Green, TCLP teaches skills for peace-building and reconciliation in families, communities, and workplaces; and works for social change both locally and globally. Based on the principle that non-judgmental listening is a great healing process, TCLP promotes ways for adversaries to give to one another the gift of listening.

TCLP has its origins in the Mid East Citizen Diplomacy Project which began in 1990 leading delegations to Israel and Palestine to promote peace and reconciliation. During the next 5 years, Leah Green lead nine delegations to the Middle East. Reflecting on these experiences, Ms. Green wanted to move beyond conventional peace efforts and play a greater role in Israeli-Palestinian reconciliation and healing.

In 1996, inspired by the work of Gene Knudsen Hoffman, Ms. Green adopted "compassionate listening" as an overarching framework for the delegations. Compassionate listening calls for peacemakers to initiate humanizing contact and cultivate compassion for those on all sides of a conflict. Ms Hoffman wrote, "Some time ago I recognized that terrorists were people who had grievances, who thought their grievances would never be heard, and certainly never addressed. Later I saw that all parties to every conflict were wounded, and at the heart of every act of violence is an unhealed wound."

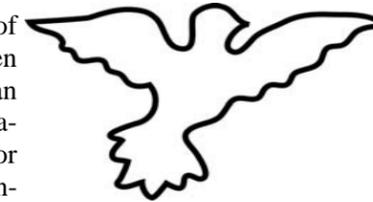
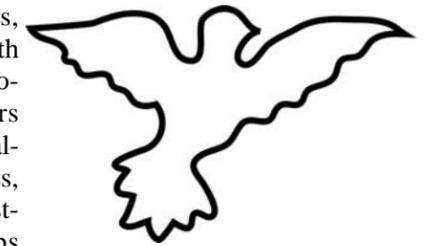
The Mid-East training delegations continued under TCLP, and the project received local and national publicity. Since then, TCLP has guided over 450 American citizens to Israel and Palestine to listen to the grievances, hopes, and dreams of people on all sides of the conflict, including religious, political and grassroots leaders, settlers, refugees, peace activists,

citizens, soldiers, and extremists. With the guidance of professional trainers and Israeli and Palestinian colleagues, TCLP has built trusting relationships

across political, religious and social divides throughout Israel and Palestine. TCLP has also brought Israelis and Palestinians together for compassionate listening trainings and events where they teach their conflict resolution model and concrete skill building. TCLP has visited Jordan on three delegations, and in 2002 they expanded their regional involvement with a highly successful delegation to Syria and Lebanon.

At the same time, TCLP saw an opportunity to teach compassionate listening here at home. Training Director Carol Hwoschinsky and Leah Green distilled the essence of the process used in the Middle East, and adapted training curricula for teaching compassionate listening in academic, public and private settings. In 1999, TCLP began training in the U.S.-- these domestic trainings focus on compassionate listening skill-building for use in everyday life, at the personal, professional and community level.

TCLP's international work moved beyond the Middle East for the first time in 2002 when Leah Green co-founded the German-Jewish Project with her colleague Beate Ronnefeldt, a German trainer of non-violent communication. This program brings together Jewish and (non-Jewish) German participants, and others affected by WWII for compassionate listening skill-building and healing retreats. Participants, including WWII victims and perpetrators use the skills to listen to each other's experience. TCLP has now held trainings all over the world including Israel, Palestine, Canada, Germany, Bosnia and Croatia. In 2007, they will begin trainings for Israeli and



Palestinian facilitators, so that the work there can continue from a local base.

Last October, TCLP sent a compassionate listening group to New Orleans to listen deeply to the stories of devastation and pain that Katrina engendered. This experience confirmed for TCLP that in addition to new housing and economic opportunity the survivors of Katrina need “fresh ears,” to help unburden themselves of their painful experiences. TCLP has plans underway to send another listening and training delegation to New Orleans.

TCLP is a kindred organization for the Bellevue Neighborhood Mediation Program. We both work to create safe environments for people to be free to express their truths; we both know that these environments can be created when we promote non-judgmental and empathic listening; we both look for opportunities for adversaries to listen to each other in new ways as the necessary first step toward conflict resolution or reconciliation. We look forward to new opportunities for our organizations to share our experiences, skills and knowledge.

Come hear Karen Bonnell who will present on the skills and techniques of compassionate listening at our **next in-service training on March 13th**. (See Trainings) Karen practices as a psychotherapist, collaborative law facilitator, and mediator in Bellevue with over 25 years of experience with individuals and families. She helped design the certification training in compassionate listening for TCLP. Her presentations are active and alive with opportunities for direct learning. She is passionate about the role of deep listening in high conflict resolution. We welcome volunteers from both the parent-teen and the neighborhood mediation programs.

Congratulations to our new conciliation volunteers:

Shu Chen, David Bruno, Sonny Shin, Dave Tallent, Catherine Duffy, Jin Ren, Phillip Moser, Gayle Khaled, Bill Stewart, and Galit Kedar

for completing the Conciliation Training in Jan.
We welcome you to the Program!

Thanks to everyone who came to the Volunteer Recognition Party. A great time was had by all!



Book Group Corner:

By Barbara Miller



For January, we read *Beyond Reason*, a collaboration between Roger Fisher (co-author of *Getting to Yes*) and Daniel Shapiro, the Harvard Negotiation Project (HNP) expert on the psychology of negotiation. It addresses how to deal with negative emotions that may sabotage negotiations. While its main audience is negotiators, there is useful information for mediators.

Like all books from HNP, it is organized to allow the reader to take away clear, usable ideas. What we found most useful was the list of “Core Concerns” that stimulate many of the emotions that arise in negotiation. These core concerns focus on our relationships, and, when met at an appropriate level (neither minimally nor excessively), stimulate positive emotions.

These core concerns can help mediators think about the parties’ needs—in particular needs that are being met or ignored during the negotiation. If we can nurture the parties’ positive emotions around the process—or at least make sure that their negative emotions are not being provoked because these concerns are not being met—then the parties are more likely to stay with the process, be open to new ideas, and explore options.

Fisher and Shapiro’s Five Core Concerns:

1. **Appreciation**, which is ignored when one’s thoughts, feelings, or actions are devalued. It is met when one’s thoughts, feelings, and actions are acknowledged as having merit.
2. **Affiliation**, which is ignored when one is treated as an adversary and kept at a distance. It is met when one is treated as a colleague.
3. **Autonomy**, which is ignored when one’s freedom to make decisions is impinged upon. It is met when others respect one’s freedom to decide important matters.
4. **Status**, which is ignored when one’s relative standing is treated as inferior to others. It is met when one’s standing, where deserved, is given full recognition. (N.B. someone’s status may be in a different area from one’s own but is nevertheless important).
5. **Role**, which is ignored when one’s defined role and activities are not personally fulfilling. It is met when one’s role and activities are defined so they are personally fulfilling.

The next meeting of the book group will be Monday, March 12 at 5:30 at City Hall. We will be reading and discussing Kenneth Cloke’s book *Mediating Dangerously*. If you are interested in joining the discussion, contact Andrew (425-452-4091).

Parent—Teen Update

By
Cathy Goldman

We got through the snow and the missed school days and appear to be back to normal now. What a challenging winter! Through it all our mediations went well. The teen mediators who “check in” with the teen disputants are doing very well at inviting the teens to participate. Keep up the good work. We continue to have a steady flow of mediations scheduled. I would like the opportunity to do more presentations, so please let me know if you know of a group who could benefit from our interactive conflict resolution presentation.



Our next in-service training will be Tuesday March 20th at 6pm at Bellevue City Hall. We will talk about “The Art of Co-Mediation; How to Make it Work.” Come with your co-mediation stories about what worked well for you when mediating with your co-mediator.

I hope to see you all on March 20th. Thanks to all who attended the Volunteer Recognition Night! It was great fun to have you there.

Congratulations to the following Newport High School students:

Rahul Brito, Lian Caspi, Melissa Faloon, Yazan Fattaleh, Cameron Gibbs, Nora Haddad, Jennifer Lee, Brent Magnusson, Erin McCune, Gary Tao, Kati Thompson, and Shanglun Wang,

for completing the Peer Mediation Training. We welcome you to the program

Training Opportunities For Mediators and Conciliators

BNMP In-Services / Trainings

Mediation Training

April 18, 21, 22, 25, 28, 29
Call Cheryl for details @ 425-452-5222

Parent-Teen In-service

The Art of Co-Mediation: How to make it work
March 20th at 6:00 PM in room 1E-118

Next In-Service

Compassionate Listening, Karen Bonnell
March 13th
6:00 food and refreshments
6:30 program
Room 1E-121 RSVP 452-4091

Book Group

Mediating Dangerously by Kenneth Cloke
March 12th 5:30 in Room 1E-118

Other

Kenneth Cloke will speak at **Antioche University** on Wednesday March 21st at 7:00 PM, for more info contact Shelly (sdove@antiocheseattle.edu)

King County Dispute Resolution

- Conflict Resolution Skills for the Work Place, April 19 & 20.
- Dealing with Difficult Situations with Tenants, April 10
- Advanced Skills for Effective Communication, May 15

Call Sue Ann Allen for details: 206-443-9603 (ext 106)

2007 NW Dispute Resolution Conf.

University of Washington School of Law
May 4th and 5th. Save the dates. More information to follow.

Program Staff:

Program Co-Manager:	Cheryl Cohen	-	452-5222
Program Co-Manager:	Andrew Kidde	-	452-5288
Parent-Teen Coordinator:	Cathy Goldman	-	452-4091
Peer Mediation Coordinator:	Laurie Slater	-	455-1625

City of Bellevue website: <http://www.bellevuewa.gov>
(Look for the Mediation Program under “Neighborhood Information”)