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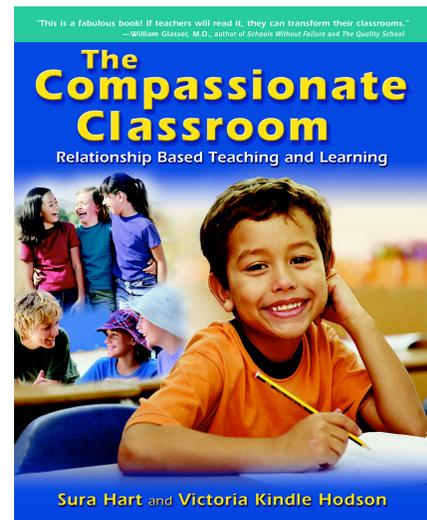
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NEW BOOK — *The Compassionate Classroom* — PROVIDES MUCH NEEDED RESOURCES TO PUT EMOTIONAL SAFETY AT THE CENTER OF CLASSROOM CONCERN

SAN DIEGO, CA – In the wake of Daniel Goleman’s emotional intelligence research in 1995, emotional safety is taking the lead as one of most pressing issues among educators and psychologists alike. In the last 18 months alone, *Educational Leadership* magazine devoted two issues to the vital link between caring and student participation and performance. THE COMPASSIONATE CLASSROOM, scheduled for release in October, provides essential educator tools to put this research to action. Authors Sura Hart and Victoria Kindle Hodson have combined recent findings in brain research with the practical skills of Compassionate Communication to provide a breakthrough guide for educators.



Venerable advocate for needs based education, William Glasser says, “If teachers will read this book, they can transform their classrooms.” From academic performance, to student conflict, teacher burnout, and transforming school environments, THE COMPASSIONATE CLASSROOM provides a comprehensive resource to respond to today’s top education concerns. By putting emotional safety first, this book helps educators create environments where curiosity, participation and learning thrive.

With 45 years combined experience in education, Hart and Hodson have witnessed first hand the academic roadblocks many classroom and school structures set up for students. “Fear inducing teacher-student interactions prevail in most public school settings. Until recently, these behaviors were considered beneficial – even necessary for student learning,” said Hart.

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Research now indicates that this is not true. As Hart and Hodson point out, rewards, punishments, grading systems that establish hierarchy, and moralistic evaluations that highlight “good” and “bad” behaviors are all fear inducing.

Contemporary research argues that such behaviors actually create a physiological reaction that shuts down a student’s reasoning capacity. Children who do not feel emotionally safe go into fight, flight or freeze mode as the blood actually drains from the frontal lobe of the brain. Researcher Alfie Kohn, the foremost proponent of alternative modes of discipline in U.S. schools, argues that specific elements contributing to the emotional safety of the student need to be present for learning to take place.

Hart and Hodson build convincingly on this research to make the case for putting emotional safety first by adding a fourth “R” to the curriculum – “relationships.” Hodson and Hart guide teachers to assess and improve the health of all fundamental relationships in the classroom. The result: reduced conflict, improved student learning retention, and students who are encouraged to take more responsibility for their own learning. Through practical activities with even the youngest of students, educators will learn to:

- (1) Assess whether their classroom is a safe place for learning
- (2) Motivate students without punishment or reward
- (3) Recognize defiance, bullying and underachievement as symptoms of a deeper cause
- (4) Practice a way to communicate that eliminates fear and fosters trust
- (5) Unlock student’s natural desire to learn

“Compassionate Communication is a unique tool for educators in that it provides a simple, four-step process that effectively creates connection, facilitates understanding, and fosters mutual respect and cooperation,” said Hart and Hodson. To schedule an interview with Victoria Kindle Hodson or Sura Hart, please contact publicist Tiffany Meyer at 503-880-5308, or tiffany.meyer@comcast.net.

THE COMPASSIONATE CLASSROOM, RELATIONSHIP BASED TEACHING AND LEARNING, October 2004, 190 pages, \$17.95, paperback, PuddleDancer Press, ISBN #1-892005-06-9.

Publisher’s Website: www.nonviolentcommunication.com

Author’s Website: www.kindle-hartcommunications.com



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Endorsements for

The Compassionate Classroom

by Sura Hart and Victoria Kindle Hodson

“Education is not simply about teachers covering a curriculum; it is a dance of relationships among the people of the class. This how-to guide presents a wide range of powerful communication and relationship tools that will help each child discover and reach their potential.”

- **TIM SELDIN**, president, The Montessori Foundation

“I believe the message in this book can change the course of learning and life for all of us.”

- **MARSHALL B. ROSENBERG, Ph.D.**, author of *Nonviolent Communication: A Language of Life*, *Speak Peace in a World of Conflict*, and *Life Enriching Education*

“*The Compassionate Classroom* demonstrates the connection between learning and the relationships between students and teachers. It is filled with exercises and roleplays that could be introduced to the classroom to enhance understanding. This is a great curriculum development resource!”

- **JERRY MINTZ**, Alternative Education Resource Organization (AERO)

“This is a fabulous book! If teachers will read it, they can transform their classrooms.”

- **WILLIAM GLASSER, M.D.**, author, *Schools Without Failure* and *The Quality School*

“Teachers, parents and school administrators: Today’s teachers can create a Planet of Peace. The communication process you will learn by reading this book is the cornerstone.”

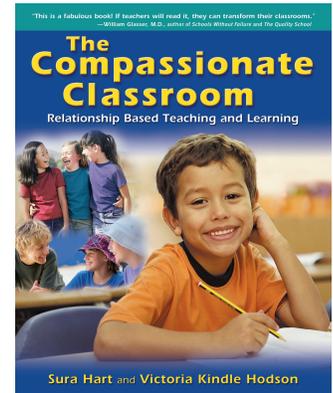
- **ROBERT MULLER**, founder of the University for Peace in Costa Rica

“This book is easy to read and easy to relate to. It provides small, tangible steps that can be implemented by any teacher or parent. It is the ‘scaffold’ that educators have been looking for to set the stage for tremendous learning.”

- **BRENDA HARARI, Ph.D.**, educational researcher and consultant

“*The Compassionate Classroom* helps teachers and students practice communicating nonviolently. Its message is crucially important and its activities provide both fun and engaged learning.”

- **NEL NODDINGS, Ph.D.**, author, *Educating Moral People* and *Starting at Home: Caring and Social Policy*



“I predict *The Compassionate Classroom* will become an indispensable guide for professional educators and parents who strive to create schools where ‘learning flourishes and teachers enjoy teaching’. It’s a gem!”

- **MARY PIEKOS**, educator, Woodstock IL

“This book shows teachers how to strengthen relationships, fuel interest, passion, and inspire accomplishment! The authors solve the age-old mystery of how to resolve classroom conflicts without disrupting the learning process.”

- **RESA BROWN**, special education teacher of the year

“*The Compassionate Classroom* has great exercises and practical lessons that give educators tools to implement Nonviolent Communication in the classroom and create connections with students that will enhance both learning and teaching.”

- **LESLIE TROOK**, middle school principal

“*The Compassionate Classroom* presents clear and concise explanations of the ‘how’ and ‘why’ of Nonviolent Communication along with playful exercises and games that animate the joy of natural giving.”

- **MICHAEL DREILING**, sociology professor and author

“I am excited by *The Compassionate Classroom* and its potential to help the conflict that is a daily reality in our schools, especially here in South Africa. Some of its exercises and games have already yielded interesting results in our classes. It is an invaluable practical tool for today’s teacher. I heartily recommend it.”

- **SHENA LAMB**, university instructor

Media Inquiries:

To schedule an interview with Sura Hart or Victoria Kindle Hodson please contact our Marketing Director, Tiffany Meyer at 360-891-4929 or tiffany@numamarketing.com. For more information about the Nonviolent Communication process or to request a review copy of *The Compassionate Classroom*, please visit the PuddleDancer Press website at www.CompassionateClassroom.com

Quick Facts About *Compassionate Communication*

- The Compassionate or Nonviolent Communication™ (NVC) process was created by Dr. Marshall Rosenberg, Ph.D. *The Compassionate Classroom* is based on this groundbreaking work.
- At the root of the NVC process are 4 basic assumptions about human nature and language:
 1. We all share the same basic, universal human needs
 2. Feelings and emotions are signals telling us whether or not our needs are being met
 3. Compassion is our basic human nature
 4. At the core of all conflict, violence and emotional pain are needs that are not being met
- The NVC process is a framework for communicating what we feel and what we need in a manner that helps ensure we'll be understood.
- The NVC process is used to heal emotional pain, reduce aggression and fortify family, personal and professional relationships
- The NVC process is taught in schools, child care centers, prisons, family counseling centers, hospitals, corporations, mediation centers, prisons and many other organizations around the world
- The 4 basic steps of the NVC process are: (1) objectively observe the current situation (absent of evaluation, blame or moralistic judgment), (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is or is not being met, and (4) request actions that would better meet your needs.
- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a nonprofit peacemaking organization
- Currently, more than 200 certified trainers and hundreds of others teach the NVC process to more than 250,000 people in 35 countries on six continents each year



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About the Author

SURA HART, co-author of *The Compassionate Classroom*, is an educator with 25 years experience teaching youth in public and private schools and afterschool programs, and teaching creating and communication skills to parents and teachers. She has worked with at-risk youth, designing and facilitating programs on Leadership, Effective Communication, and Healthy Sexuality.



Sura was co-founder and editor of the Seed Center book publishing company that, for 15 years, published trade paperback books that promote a consciousness of peace and compassion.

For the last 12 years, Sura has worked closely with the international Center for Nonviolent Communication (CNVC). She is a certified trainer of Nonviolent Communication and serves as the contact person for the Nonviolent Communication in U.S. Schools project. In this capacity, Sura develops materials and consults with parents, teachers, and school administrators, and offers workshops and trainings for school communities. She also co-facilitates an annual five-day NVC Educator Institute.

Sura gives talks and workshops throughout the U.S. She also works in Costa Rica, teaching Nonviolent Communication and working with the core planning committee for the Peace Army-Costa Rica. The objective of the Peace Army is to teach peacemaking skills in every school in Costa Rica, making Costa Rica a model country for a global Youth Peace Army.

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About the Author



VICTORIA KINDLE HODSON, co-author of *The*

Compassionate Classroom, has an undergraduate degree in

education as well as a Master's Degree in Psychology and

combines the two disciplines to bring unique insight to her

writing and seminars. Over the last 30 years, she has taught in

public and private schools, pre-school through college—including special education, at-risk youth

programs, Montessori education, parenting, communication skills development, and classical ballet.

Victoria is also the author of *Discover Your Child's Learning Style*, which has sold 20,000 copies

nationwide and has been translated into five languages. She has been seen on CNN and heard on

radio in major cities across North America, including: Toronto, New York, Washington D. C.,

Cincinnati, Denver, San Francisco, and Los Angeles. She is a featured speaker at the annual Link

Home School Conference and has addressed the Home School Association in Tokyo, Japan.

Victoria has co-designed the Link Up™ series of educational materials to teach spelling, writing,

memorization, and multiplication tables in ways that are appropriate for the 60% of the learners who

are not served well by public school methods.

Victoria currently conducts bimonthly seminars for parents, teachers, and therapists at her

Learning-Success™ Institute in Ventura, California and has a private practice as a Learning-

Success™ and Relationship Coach.

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