

About NVC Resolutions

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About NVC Resolutions

NVC Resolutions is Daren DeWitt and Anna Finlayson. We are qualified trainers with the Centre for Nonviolent Communication (CNVC), working in London, UK and beyond.

We bring a unique combination of different modalities to our work, of which Nonviolent Communication forms the basis. We came across the book 'Nonviolent Communication - A Language of Life' by Marshall Rosenberg at the start of the new millennium, and realised the profound paradigm shift it offers to our world - from a 'power over' approach based on analysing, judging and evaluating others and ourselves, to a 'partnership' approach through mutually connecting at the level of the heart and human needs. From this point we trained extensively in the process of Nonviolent Communication (NVC), including many workshops with Marshall Rosenberg. For several years we organised his visits and trainings in the UK on his behalf. In April 2003 we qualified as certified trainers with the International Centre for Nonviolent Communication (CNVC).

Our Early Influences

Earlier in our careers, Daren had been working in the field of personal growth since the early 1980's, initially teaching meditation, relaxation and stress management. He has a certificate in Hypnosis and Psychotherapy (National College – UKCP), a practitioners certificate in NLP (Bandler, McKenna and Breen), as well as training in Voice Dialogue and Inner Child work. Anna's early fascination with the area of human communication and interaction resulted in a degree in Sociology and Psycho-social studies. After obtaining a post-graduate qualification as a lecturer in further education, she worked as an assertiveness trainer for women, and continued her explorations with Psychosynthesis training and extensive study in the field of personal development.

We first met in 1997, and have been in a relationship together since then.

Our Conflict Resolution and Mediation Background

Late in 1997 we began working together in the field of conflict resolution and mediation, training with Conflict and Change in East London, the first conflict resolution community service in the UK, where we spent several years on the staff team, as conflict resolution and mediation trainers and professional mediators. The combination of our training and experience in the areas of conflict resolution, mediation and Nonviolent Communication leaves us uniquely placed to support organisations, businesses and individuals to deal with conflict in a variety of forms. Visit the NVC Training and

Mediation sections of our website to read more about what we offer in these areas.

Our Relationships Training and Work

We practice Nonviolent Communication in our relationship, and believe that this personal experience adds depth to our teaching of NVC. We have deepened our understanding of relationship dynamics through training with the Centre for Gender Psychology, where we have trained to diploma level in Contextual Couples Counselling & Coaching. We are very much enjoying sharing the fruits of our training and experience in the area of relationships through our couples counselling practice and relationships workshops, and we are excited at the prospect of developing this area of our work. Go to the Relationships section of our website to read more about this.

We are currently enjoying living on the north east edge of London where, when not working, we can relax and enjoying walking in Epping Forest and the surrounding countryside.