Peace Building Through Restorative Dialogue

From Conflict Management to Healing in Workplaces, Communities & Nations

- A Mindfulness-based Approach That Begins Within -

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(Monday – Friday)

University of Minnesota
St. Paul, Minnesota

Presented by
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With
The Honorable Janine Geske
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Director of the Restorative Justice
Initiative
Marquette University Law School,
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This five day workshop will provide Humphrey Fellows with new skills and approaches to more effectively deal with both everyday type of conflicts in workplaces and communities, as well as more intense, toxic, entrenched conflicts that are extremely costly and damaging if not addressed in effective and culturally appropriate manners. This includes broader cultural conflicts that often lead to political violence in the international community. Small group discussions, guest speakers, case studies, skill learning and practice, and a field trip will be incorporated into the workshop.

Participants will learn several new approaches to working with the energy, as well as the substance, of conflict. Among Europeans, this approach is often referred to as a humanistic approach, yet many of the foundational principles and practices are embedded in the wisdom of many other cultures, particularly among indigenous people. An example is the circle process that is deeply rooted in Native American communities and has been found to be extremely effective in dealing with intense organizational and community conflicts. This requires significantly adapting the circle process among indigenous people for non-native people and doing so is a very culturally appropriate and respectful manner. This workshop is highly experiential, involving few formal lectures. The circle process of dialogue and deep listening is used and the workshop is grounded in a mindfulness-based approach that begins within us and fosters a non-judgmental moment-by-moment awareness of others and ourselves. A field trip to a prison and the circle process with prisoners and family survivors of homicide provides a powerful experience of witnessing restorative dialogue. Self-care of participants is emphasized throughout the workshop and beyond.

Dr. Mark Umbreit is a Professor and founding Director of the Center for Restorative Justice & Peacemaking at the University of Minnesota, School of Social Work. He serves as a Visiting Professor at the Marquette University Law School in Milwaukee and has served as a Fellow of the International Centre for Healing and the Law. He is an internationally recognized practitioner and scholar with more than 40 years of experience as a mediator, peacemaker, trainer, teacher, researcher, and author of eight books and more than 200 other publications in the fields of restorative justice, dialogue, mediation, spirituality, forgiveness, and peacemaking. Dr. Umbreit has provided consultation and given presentations in Africa, Asia, the Middle East, Europe, South Pacific, and North and South America.