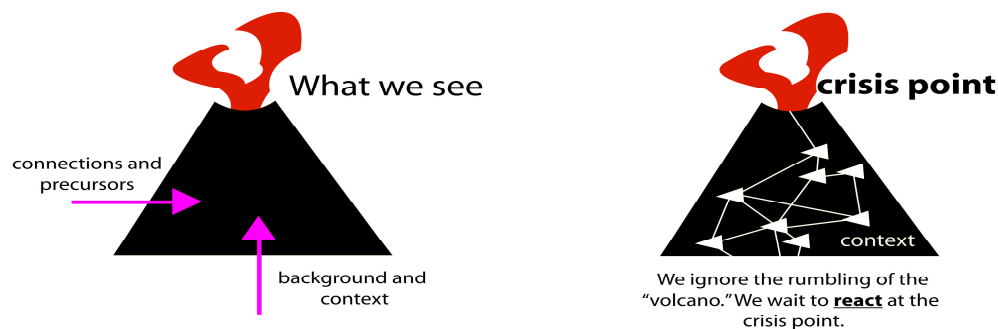


# Introduction to Nonviolence Studies: Every Day Nonviolence

## Kansas State University DAS 355ZA (K-State ONLINE)

Every Day Nonviolence invites students to examine human relationships as systems and to recognize conflict as imbalance in the system. Where our traditional problem solving model sets up problems as extremes, with one possibility on one end of a teeter-totter and its opposite on the other, this contextual model helps students visualize problems in their actual, systemic context. Instead of limiting ourselves, for example, to either war-or-peace, love-or-hate, black-or-white, the holistic framework helps us see more options. By learning to *step back* for perspective, we can identify problems earlier in their development and give ourselves time to *step up* with nonviolent actions intended to correct course before a crisis. Practitioners of nonviolence become a new kind of "CSI" investigator -- instead of waiting for the violence and being forced to deal with a *Crime Scene*, we learn the finer art of *Conflict Scene Investigation*, where getting ahead of the blow-up is the goal.



Reframing helps us see the whole system, notice the development of a problem along a continuum from less to more serious, identify precursors among the spectrum of variables so we can plan ahead and create nonviolent interventions.

EDNV is a process-based, participatory problem-solving model to help us perceive of human interactions as systems, practice the skills of practical, every day nonviolence, and, thereby, become the "change we wish to see in the world," as Mahatma Gandhi, urged.

*Want sustainable relationships? Practice Nonviolence.*

**The Nonviolence Studies Certificate is available ONLINE: [http://catalog.k-state.edu/preview\\_program.php?catoid=13&poid=3817](http://catalog.k-state.edu/preview_program.php?catoid=13&poid=3817)**