



Genre: **handbook**

Territory: **world**



## CONFLICT GRAMMAR

### The maieutic art of transforming conflicts into resources

Even though we regard them as problems to be avoided and sources of sorrows, conflicts are a daily and very common reality.

Since conflicts are an utterly personal and subjective experience, we sometimes don't even recognize them and sometimes are taken aback by their sudden surge, we sometimes harbour a conflict for a long time and let it lead to guilt and to dysfunctional relationships. Very often conflicts can change our lives.

It is important to **distinguish between conflicts and violence**, which isn't a degeneration of turbulent feelings, but rather a shortcut to avoid facing conflicts by unilaterally eliminating a problem in a human relationship. Learning to recognize a conflict and to effectively and creatively manage conflicts within the couple, the family, the workplace and our social lives is of the utmost importance.

The innovative standpoint of this book is the belief in the possibility of **learning from conflicts**. This grammar includes numerous examples, situations and common human experiences and it offers a variety of opportunities.

- It allows us to understand the **elements** that constitute a conflict: the main categories, the contexts in which it arises, the cultural and social aspects it affects.
- It provides **practical tools** to learn analyse conflicts and understand what happens inside of us when we fight, what our weaknesses are and how to activate mechanisms that can help us deal with difficult situations.
- It suggests **tested techniques** to discover and activate inner resources and bargaining or mediation skills, which can all allow us to transform our or others' conflicts into common resources.

### The author -----

**Daniele Novara** has a degree in Education and works as a consultant in Piacenza, where in 1989 he founded the Centre of Educational Psychology for Peace and Conflict Management ([www.cppp.it](http://www.cppp.it)), an institution which provides training in conflict resolution. Over the years Daniele Novara has created interactive activities and various other educational tools. In 2002 he founded "Conflicts: Italian magazine for Educational Psychology Research", of which he is the director. Since 2004 he is professor in Intercultural Education at the Cattolica University in Milan. In 2011 he has funded the Maieutics Education School at the Centre of Educational Psychology for Peace and Conflict Management.

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