Course Title: Conflict! New Ways of Thinking about Life’s Challenges  
Instructor: Neil Chayet, J.D. A’60 (neil.chayet@tufts.edu)  
Course No.: EXP-0072-S  
Course Calendar: Thursdays, 6:00 p.m.-8:30 p.m. (First Session, January 21, 2016)  
Course Location: T/B/A

COURSE DESCRIPTION

Would you like to reduce stress and conflict in your life? This class will help students develop their own personal methods to transform the adversity of conflict into strength and productive advantage. Students will begin by learning the root causes and fundamental building blocks of conflict, along with the dynamics of conflict-driven anger, disappointment, paralysis, and falsehoods. By deciphering conflict, students will learn to re-engineer the typical pathways to conflict in order to harvest its positive energy with a re-purposed perspective. The course work will include consideration of epic legal battles and the essence of the Rule of Law, advances in psychology and study of brain function, and historical, spiritual and religious events and teachings related to anger and conflict. With engrained reminders and tools to help curb habitual reactions to conflict, engage others in productive dialogue, dissect and diffuse issues, and identify positive energy, students will learn to adapt and transform conflict with gusto.

INSTRUCTOR

Neil Chayet is a graduate of Tufts University (A’60) and Harvard Law School (J.D. ’63). He is perhaps best known for his work in the media. “Looking at the Law™” is a daily nationally-syndicated CBS radio feature which is in its 40th consecutive year on the air. In January, 2016, Neil will broadcast his 10,000th program—reporting on conflicts and real life short stories that have become epic battles in the courts. He has served as a member of the Tufts Board of Trustees, the Veterinary School Board of Advisors, and is currently a member of the Tisch College Board of Advisors. He has also served as a member of the faculties of Tufts Medical and Dental Schools, and is currently a member of the faculty of the Cummings School of Veterinary Medicine at Tufts. He is a recipient of the Tufts Distinguished Service Award. Neil is also a member of the faculty of the Harvard Medical School, Department of Psychiatry, and a Consultant to McLean Hospital. He has served on numerous non-profit and community boards, including the Whitehead Institute for Biomedical Research at M.I.T, the Visiting Committee to the Phillips Library at the Peabody Essex Museum, MassInc, and the Massport Security Advisory Council. He is President of Chayet Communications Group, Inc., specializing in the formation of “deep coalitions” to help resolve some of society’s most difficult conflicts in the field of law, medicine and public policy.
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ADDITIONAL COURSE INFORMATION  
The following is additional information for students who are considering enrolling in the course, “Conflict! New Ways of Thinking about Life’s Challenges.” Session content is subject to change, and each session will have accompanying materials which will be assigned in advance and made available to students without charge. Guest lecturers and subject matter experts will be present on occasion.  

Sessions I and II  
1. Introduction  
   a. Course guidelines, learning objectives  
   b. Grading, Assignments, Materials  
   c. Course Road Map  
2. Conflict Fundamentals  
   a. Understanding the Positive and Negative Forces Of Conflict  
   b. Re-purposed Perspectives on the Energy of Conflict  
3. The Root Cause of Conflict---The Promise  
   a. Short Course in the Law of Contracts  

Sessions III and IV  
1. The Gamechangers –Re-engineering Typical Responses to Conflict  
   a. The Power of the Pause  
   b. A New Conversation---Telling Others How You Feel, Not What They Are  
2. Fundamental Building Blocks That Fuel Conflict  
   a. Truth---Maybe Not!  
   b. Life is the Account of Differing Recollection  

Please Note: No Class on February 18 (Monday Schedule Substituted For Thursday)  

Session V  
Poster/Dashboard Presentations; Pre-selected groups of students will collaborate on a topic of their choosing, confirming their understanding of causes of conflict and the building blocks that fuel it (details will be explored in Session IV).
Sessions VI and VII

3. Fundamental Building Blocks That Fuel Conflict (Continued)
   a. The Psychology of Conflict—The Guilt Anger syndrome
   b. Asking Hard Questions
   c. The Brain and Conflict---Advances in Neuroscience
   d. Understanding the Importance of E.Q., as well as I.Q.

Session VIII

Film “Inside Out” (2015) Pixar/Disney---Viewing and Discussion; Emotions, Memory, Grudges, Anger, Sadness, Happiness and Joy

Spring Break: No Class on March 24

Midterm Paper Due---students will curate their own collection of techniques and creative methods for dealing with conflict, drawn from classroom discussion, assigned materials and independent research

Session IX, X and XI

1. Creating Leverage---The Iron Fist And The Velvet Glove
   a. The Rule of Law
   b. The Role of Lawyers and Lawsuits
   c. Winning and Losing, Saving Face and Finding a Way Out
   d. Political Advantage and Public Opinion
2. Conflict Through the Ages--- The Role of Spirituality and Religion
   a. The Talmud and Writings of the Sages
   b. Teachings of the Buddha and Eastern Religions
3. Life Lessons and Core Values
   a. Right and Wrong
   b. Understanding Conflict Of Interest
   c. Dealing With Caused-Based Conflicts
   d. Dealing With the Ultimate Conflicts---Life and Death, Destiny and Change
   e. Humanity, Humility and Humor---Their Impact on Conflict
   f. Contracts with Yourself
   g. Making a Difference

Session XII

1. Case Study- Subject matter and structure to be selected in consultation with students,

Session XIII

1. Conclusion and summary; lessons learned and discussion of practical ways to continue to use the knowledge and skills acquired. Course evaluation.

Final Exam/Paper T/B/D