

*21

1/4

NAME and NUMBER GOEHLER, K-77832

The purpose of this chrono is to recognize inmate **GOEHLER'S** participation in the Alternative to Violence Project (AVP) Basic Training Workshop Held in the "A" Education Department on Dec 8TH & 9TH 2018.

This work shop focused on:

• Empathizing with the pain of others	• Being emotionally vulnerable in a group
• Problem solving within a team setting	• The power of forgiveness
• Identifying, processing, and letting go of grudges	• The power of diversity
• Connecting with and expressing childhood trauma	• Transforming power
• Understanding and building the power of positive community	• The power of responsibility, accountability, and remorse
• The healing power of communication	• Placing value in positive decision making

It is the hope of this writer that **GOEHLER** will continue to attend AVP workshops and be a positive example to others inmates.

Stephanie Charbonneau

orig:	C-FILE	
cc:	INMATE	STEPHANIE CHARBONNEAU, avpstocton@gmail.com
		AVP CALIFORNIA SPONSOR
		FACILITY "A"
		M.C.S.P.
DATE	12/9/18	Alternative to Violence Project (AVP) Basic Workshop Completion Chrono
		LAUDATORY CHRONO

For a glimpse of the AVP Facilitators Manual, ISBN-978-0-941758-08-6 please consult AVP-USA Distribution Service: manuals@avpusa.org

In particular, I'd like to discover the academic works of Stephanie Charbonneau contributing to her Social Worker ambitions... which in this AVP intensive, looked much like Skills Training in the treatment of Borderline Personality Disorder. And very efficiently performed, I might add. Thank you for helping to introduce people to themselves... apart from the role they play in their groups. The third dynamic should never supplant the first dynamic! Unless of course supplantation makes the weaker stronger.

How Do You FEEL?



sad



mad



glad



scared



lonely



mellow



overwhelmed



happy



disgusted



depressed



confused



bored



helpless



angry



surprised



worried



guilty



envious



uneasy



hopeful



sorry



upset



weary



excited



frustrated



ashamed



embarrassed



jealous



GUIDES TO TRANSFORMING POWER

3/4

GUIDES TO TRANSFORMING POWER

1. Seek to resolve conflicts by reaching common ground.
2. Reach for that something in others that seeks to do good for self and others.
3. Listen. Everyone has made a journey. Try to understand where the other person is coming from before you make up your mind.
4. Base your position on truth. Since people tend to seek truth, no position based on falsehood can long prevail.
5. Be ready to revise your position if you discover it is not fair.
6. When you are clear about your position, expect to experience great inward power to act on it. A response that relies on this power will be courageous and without hostility.
7. Do not expect that this response will automatically ward off danger. If you cannot avoid risk, risk being creative rather than violent.
8. Surprise and humor may help transform.
9. Learn to trust your inner sense of when to act and when to withdraw.
10. Work towards new ways of overcoming injustice. Be willing to suffer suspicion, hostility, rejection, even persecution if necessary.
11. Be patient and persistent in the continuing search for justice.
12. Help build "community" based on honesty, respect and caring.

HELP ALONG THE WAY

- Build your own self-respect.
- Respect and care about others.
- Expect the best.
- Ask yourself for a nonviolent way. There may be one inside you.
- Pause—give yourself time—before reacting. It may make you open to Transforming Power.
- Trust your inner sense of what's needed.
- Don't rely on weapons, drugs or alcohol. They weaken you.
- When you have done wrong, admit it, make amends if you can, so that you can forgive yourself, then let it go.
- Don't threaten or put down.
- Make friends who will support you. Support the best in them.
- Risk changing yourself.

WHAT IT FEELS LIKE

- The Transforming Power experience feels like: AHA !!!!!
- There is a spirit of caring.
- There is a letting go of something. (Patterns? Grudges?)
- There is a sharing of something.
- You feel right about it.
- You lose your fear if you had any.

Stay Smiling & Being True
w/ Grateful Greg 4/4

Whispering Will

Positive & STRONG
WORDS
T.T

It good to see you
expressing yourself in this program
Thank you
Gentle Gilbert

Stay Strong here
4/4/14

It's A pleasure
Grateful Goodbye
You did so good here and I
loved you all Greg!
v Bill

Stay Strong here
In A
Patty Paul

Thank you for your input
and participation. I'm
glad to have gotten to
know you better. Patient
Paul

GOOD WORK
- Fiji

STRONG STEVE

Live Long & Prosper
Vulken Victor

Mona Lisa
Willy

It was great to have you in group
spending the week with us.
You've got what it takes to
make a great future for us
the future of our future
conversations
with you