



The

TRANSFORMER

Supporting and Celebrating the Facilitators of AVP Workshops

Topic Advanced Workshops

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WHAT IS A TOPIC ADVANCED WORKSHOP?

In a traditional Advanced Workshop, the theme of the second session is consensus decision making. The session starts with some introductory activities that explore the benefits of consensus and/or issues, such as power, that can hinder group decision making. It finishes with an experience of choosing, by group consensus, a focus topic for the rest of the workshop that meets the group's needs.



In a topic Advanced Workshop, a suitable topic is chosen by the facilitation team before the workshop

and stated in the workshop flyer. This allows time for research, reflection and exploration of exercises and frameworks as part of the planning process. Some groups have:

- a consensus activity within the topic Advanced Workshop and run topic Advanced and consensus Advanced Workshops interchangeably, or
- a consensus Advanced as a prerequisite for a topic Advanced Workshop

Topic Advanced Workshops have the benefit of:

- adding new topics to the list of topics that are available in a consensus Advanced Workshop allowing more time to explore the topic in greater depth

AVP/USA Education Committee

A TOPIC ADVANCED MANUAL

The next AVP manual that has been requested is on Topic Advanced Workshops. The plan of the Education Committee is to make the writing of this manual as collaborative as possible.

This *Transformer* issue starts a discussion on what Topic Advanced Workshops are and where and why they started and includes experiences, proven agendas and exercises/learning activities from some of the groups that are using them.

It is planned to invite contributions from those groups that are using Topic Advanced Workshops. These contributions will be gathered into the AVP Education Committee wiki files. They also will be edited and published electronically on a new website called

AVP Education Network (AVP Ed Net). AVP facilitators will be invited to comment on them.

These edited Topic Advanced materials will continue to be published electronically until there is enough material for a manual to be produced. In this way, it is planned that all

the material for the manual will be contributed by local groups and reviewed by peers and be available to facilitators throughout the process.

This is part of a project to build an



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St. Paul, MN 55104

Phone: (888) 278-7820

E-mail: avp@avpusa.org

Website: www.avpusa.org

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Editorial Coordinators:

Lindsay Manning and Pat Hardy

Copy Editor: Joan Cowan

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First year as new facilitator is free (submitted by local coordinator).

Back issues may be found at www.thetransformer.us

This newsletter is printed on recycled paper.

 Continued from page 1

ADVANCED MANUAL...

accessible collection of the experience and wisdom of our dedicated and inspired AVP facilitators.

Any Topic Advanced material that has been sent to *The Transformer* for this issue will form the first part of the Topic Advanced collection on the AVP Ed Net. The AVP Ed Net and the collaboration process will be launched later in 2012. At that time, AVP facilitators will be given the web and email addresses to send their contributions. A system is being set up to enable inside facilitators to mail their contributions to the Distribution Centre for them to be sent to the AVP Ed Net. It is hoped that this process will be used for future manuals.

The first material to be published on AVP Ed Net will be a section of the draft Facilitators Training Manual. The writing of this manual is nearing completion; the graphic design and printing may take an additional six months after which the manuals should be available. In the meantime, a portion of the manual will be electronically published so that T4F facilitators do not have to wait until the full manual is published.

*AVP/USA Education Committee
Feb 2012*

Recruitment idea that worked:

Diana Couch, Lancaster, CA, advertised (via email, flyer and word of mouth) 3 workshop levels at one time with a header "Be an AVP Facilitator by May" and then listed dates for all 3 levels of workshops. Her efforts resulted in more people in attendance and more wanting to become facilitators.

GENESIS OF SPECIALIZED WORKSHOPS IN DELAWARE

We began AVP in Delaware in 1990. We were providing Basic, Consensus Advanced and Training for Facilitators Workshops. By 1993, we realized a need to do a specialized Advanced Workshop on racial issues because of the needs of the inmate population. Having a specialized Advanced agenda would allow us to provide a fully developed agenda on the topic on a consistent basis. We thus developed the Bias Awareness Workshop from several existing programs and AVPised it. This workshop proved to be very powerful and expanded to other prisons in Delaware. After experiencing the Bias Awareness Workshop, the men in one of the prisons expressed frustration because the workshop addressed the issue of women and relationships; the men didn't know who they were supposed to be in those relationships. They had no good role models, thus didn't know how they could be the men they knew they wanted to be. In response to this need, they developed the "Manly Awareness Workshop" in 1995. In 1996, I began training correctional staff in AVP on a weekly basis. While doing these staff trainings, I realized the need for anger management training and in 1998 developed the Anger Management module for correctional staff. In 1999, I expanded the module and added forgiveness and developed the Anger and Forgiveness Workshop for AVP.

The Bias Awareness Workshop has been very powerful for the men in Delaware prisons. In the late 1990's, I shared the Bias Awareness Workshop with South Africans in Cape Town; it was, again, a very powerful experience for the community participants. In the early 2000s, Mary Lou Beatman traveled to Australia where she shared the workshop agenda and materials with the Sydney group.

John Shuford

AVP ADVANCED WORKSHOPS IN NEBRASKA

Advanced Workshops are like the icing on a cake--there is so much room for creativity and wonderful discussions. We have the policy that anyone who has had a Basic can participate in as many Advanced Workshops as they want, even if they become a facilitator. Participants are given the topic of the workshop before they sign up. There is so much to learn, and most of us rarely have the opportunity to indulge in in-depth explorations and discussions.

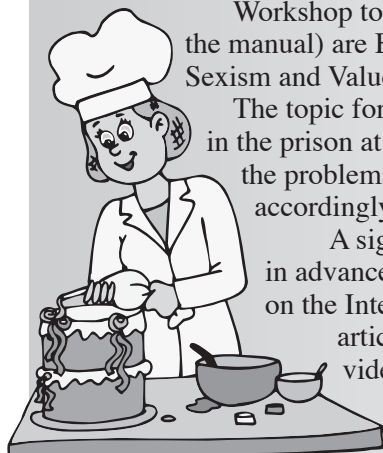
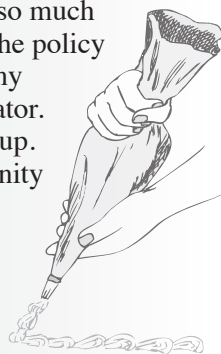
In Lincoln, Nebraska, we have about 16 topics, but even 2 workshops on the same topic will have different exercises since the agenda is built before each session by the facilitators as we go through the workshop. Changes are made based on the comments by the participants and the interest of the facilitators.

Our group runs AVP workshops in 2 prisons and in the community and has more Advanced Workshops per year than Basic and T4F Workshops combined. It is a way to keep a large AVP community involved and interested so they keep coming back to learn together. Each Advanced Workshop has a consensus activity such as, "How can we improve (or reduce) ... [the workshop topic] in our prison?"

Workshop topics we have developed (in addition to the ones in the manual) are Bullying, Expectations, Parenting, Racism, Re-Entry, Sexism and Values & Ethics.

The topic for future workshops is decided by all the facilitators in the prison at our regular monthly meeting. They are aware of the problems of the people around them and make suggestions accordingly.

A significant advantage of knowing the workshop topic in advance is that the facilitators have time to find resources on the Internet and from local organizations, newspaper articles, the library, etc. We can have handouts and videos ready before the workshop starts.



Mama Marg

COMMUNITY-BASED TRAUMA HEALING WORKSHOPS IN LATIN AMERICA

By Val Liveoak

The AVP Advanced Community-Based Trauma Healing CBTH Workshops grew out of the work that African facilitators did on the Healing and Rebuilding Our Communities (HROC) Workshops that began in 2003. Friends Peace Teams' African Great Lakes Initiative (AGLI) developed these workshops in response to the so-called ethnic conflict in Burundi and the civil war that followed it and the genocide in Rwanda. (Later HROC spread to Kenya and the Democratic Republic of the Congo.) In 2007, after 5 years of developing AVP in Colombia, a country with the longest running civil war in the Americas (now over 60 years!), the AVP facilitators were interested in the HROC

model that could help with healing and much-needed reconciliation. Alba Arrieta, a Colombian AVP facilitator, and Val Liveoak, Coordinator of *Peacebuilding en las Américas* (PLA), the Latin American Initiative of Friends Peace Teams, travelled to Rwanda and Burundi in January 2007 to see HROC in action. Also, there was Cecilia Yocum, then Clerk of PLA, doing an assessment of the facilitator training program for a grant they had received. Cecilia, a psychologist, had helped the Africans develop some of their training materials several years before.

After witnessing the African workshops, the three began work on a version that would be culturally appropriate for Colombia and

that used even more experiential techniques, *Educación Popular*, in Spanish. In 2008, they debuted four workshops in Colombia and asked the participants, especially those who were AVP facilitators, if they thought the workshops would be useful in

their context. The response was, "Definitely!" The following year, six Colombian AVP facilitators were trained as facilitators, with another six trained in 2010. (Six AVP facilitators also were trained in Central America that year.)

There have been over 25 CBHT workshops offered, the great majority in the region of the Northern (Caribbean) coast, where the war is still very active and there is fighting between different paramilitary and drug trafficking groups. One in 10 Colombians has become a displaced person due to violence in the last 20 years while a large number of the four million Colombians displaced by this violence live in squatter communities outside the large cities in the region. These workshops are much in demand and have received many accolades from participants. One young man, who recently had decided to leave the army, said he had been molested as a boy. After the workshop, he no longer desired vengeance. Other participants had their sons lured away by promises of work, dressed as guerrillas and then killed to increase the army's body count. One of these women worked through her feeling of guilt about supporting her son's decision to go to what they thought would be a good job.

Each day, the workshops focus on first, building a sense of security and trust; second, dealing with memories of loss; and third, reconnection with the community and rebuilding trust. Activities include AVP's Agenda Previews, Gatherings, Light and Livelies, Exercises and processing and Evaluations.

Additional exercises or activities include small mutual support groups



Continued on page 4

ONE GROUP'S EXPLORATION OF TOPIC ADVANCED WORKSHOPS

John Shuford's colleague Mary Lou Beatman bought us John's topic Advanced Workshop material 10 years ago. We have run at least one a year since then in our community and prison groups. Each of these workshops has had a consensus activity with a topic such as, "Which aspect of this topic would you like to explore in this workshop?" These topic Advanced Workshops are interchangeable with consensus Advanced Workshops. The only prerequisite to do either type of Advanced Workshop is having completed a Basic Workshop. These topic Advanced Workshops have attracted Basic Workshop graduates as well as Advanced Workshop graduates and facilitators to explore different workshop topics in an AVP learning style.

We started with 'anger' as anger management is a popular reason for coming to our community workshops. After doing 'power', we started to explore new topics like 'relationships'. This provided us with enough exercises to enable us to offer 'relationships' as one of our consensus Advanced Workshop topics. Then, as part of a series of interfaith workshops, we developed an 'interfaith' topic Advanced Workshop. This series of interfaith workshops was developed in partnership with a local Muslim council. Each of these workshops had a range of participants from at least three faiths, including Muslim, Jewish, Christian, Sikh and Hindu. It was interesting to see that this workshop was most popular in prisons.

Last year, participants in a consensus Advanced Workshop chose a topic with several aspects, including 'shame'. The facilitation team reported they couldn't find any AVP Advanced Workshop exercises on shame and had to develop some new exercises overnight for the last day of the workshop. Our community AVP group then worked to develop a topic Advanced Workshop on 'shame' with our AVP schools group who had been working with shame and Restorative Practices (Real Justice) for over 10 years with students in schools.

Ten AVP facilitators from the prison, community and schools groups gathered on Saturdays for several weeks. The first task was to explore content material on shame, develop an understanding of shame and then experience some exercises on shame to see if shame was a suitable topic to explore in an AVP Advanced Workshop. It was decided there was enough material and a framework that avoided therapy or lecturing. An agenda with exercises was developed. This was trialled twice, once with facilitators and once in a community workshop. After further evaluation and fine tuning, a sample agenda and material for a topic Advanced Workshop on 'shame' is available.

Recently, after participating in a Trauma Healing Workshop with Nadine Hoover at a National Gathering, 16 facilitators from 5 local AVP groups have decided to get together to plan a topic Advanced Workshop on 'trauma awareness'. We are using a range of social media like Skype, emails, Google Docs and Facebook. There may be enough material on trauma for us to develop a second-stage trauma workshop on 'trauma and compassion'.

One of our neighboring AVP groups is exploring having a trauma awareness workshop with recently settled refugees.

We are considering developing a topic Advanced Workshop on 'joy and resilience' in the future. One of the gifts I receive from AVP is the opportunity to be creative and innovative in a community/team within the well-tested framework of the AVP learning style.

Calm Katherine

 *Continued from page 3*

WORKSHOPS IN LATIN AMERICA...

that meet during most sessions, art and journaling activities, relaxation and calming exercises, including Groundings (borrowed from the Trauma Healing Workshop of the Indonesia Initiative of Friends Peace Teams) and psychodrama activities.

Like AVP, CBTH can be healing but is not therapy. We work as a group and do not focus on any one person's experience. Participants re-learn how to listen well, rather than give advice, and how to be a supportive presence. Participants are encouraged to continue to meet with mutual support groups after the workshop. For those with a need for follow-up, community

counseling is recommended although it is not frequently available—hence the need to keep working with a support group. When healing occurs, it is because the participant has decided to let go of her/his pain. Even when that is not fully accomplished, the workshop supports greater resilience and a sense of perspective about how the trauma or loss fits into the participant's whole life. Many victims feel great guilt and are able to let go of that and start to regain trust through the workshop, especially when it is done within a single community where people can support one another.

The CBTH workshops complement AVP because, as our African colleagues

noted, unhealed trauma can lead to further acts of violence. By bringing people together for healing, a sense of community can be rebuilt. Along with AVP, which deals with violence in the present and future, CBTH workshops help people integrate their past.

HROC, the Indonesia Initiative and PLA now are doing workshops in the US and other countries outside their regions. For more information and workshop schedules, contact: Val Liveoak at PLA@FriendsPeaceTeams.org; Nadine Hoover at Indonesia@FriendsPeaceTeams.org and David Zarembka, AGLI/HROC at dave@aglifpt.org.

NEW SHAME WORKSHOP AT NATIONAL GATHERING

We have a unique opportunity as facilitators in the US to experience the Australian AVP Advanced Workshop on Shame at the National Gathering this May. Why is this important?

We as AVP facilitators know AVP works. We know from personal experience, from testimonials of participants and, more recently, from research. Recent studies show participation in AVP workshops significantly lowers a person's tendency to get angry, reduces violent attitudes of inmates to the same level as a comparable community group,



reduces [by 60%] inmate behavior write-ups and reduces recidivism [by 40% to 46%]. Another result is increased empathy, but we don't have the research to support this currently.



We also realize most inmates have experienced unhealed trauma-- a consequence of this being shame. Shame is a significant factor in criminal behavior, drug abuse and mental health disorders. Healing the shame reduces the need for these unhealthy behaviors and attitudes.

Dr. James Gilligan in his book, "Preventing Violence," states that violent criminal behavior results



Photos by John Shuford

from shame, a lack of empathy and a lack of awareness of alternative behaviors. Here is probably the key to AVP's effectiveness. It provides an opportunity for individuals to heal their shame, develop empathy and learn alternative behaviors. Unless a person acknowledges their shame and heals its impact, they will not be open or receptive to alternative behaviors, no matter how logical or important they may be. We know shame results in isolation from others and from one's self. This may be the primary mechanism for AVP's

healing power. When we create "community," participants connect with others and with themselves; this is transformative. Thus, comments like, "I knew there was someone good inside, but I did not know how to connect with it and still be a man."

Herein lies the power of AVP. AVP heals shame and, at the same time, helps participants develop empathy and learn alternative behaviors, which they are now open to learning. We do this without talking about shame or addressing it in a direct way.

We now have an opportunity to go further with a new

Advanced Workshop developed in Australia in which we can overtly acknowledge and explore our shame. As with other specialized Advanced Workshops, facilitators need to experience it before they can lead it. The first opportunity for this will be BEFORE the National Gathering in May. Three Australian facilitators will provide a two-day, pre-conference Advanced Shame Workshop. It will be May 24-25 in Annapolis, Maryland, just one hour from the conference site. Housing will be provided in home stays, if desired. The cost is \$100; the min./max. participants is 8/20. Contact Barbara Thomas, 410-867-2473, bthomas60@gmail.com for more information and to reserve your space. You cannot



register for this workshop through the conference, register separately.

John Shuford



YOU ARE COMING TO THE 2012 AVP/USA NATIONAL GATHERING... AREN'T YOU? May 25 – 28, 2012 in New Windsor, Maryland

The most important part of this program is YOU. Our workshops are dynamic and responsive, and our Annual Conference is the opportunity to share and learn from each other. Each of us brings something important.

Pre-conference Workshops

There are two great opportunities for in-depth experiences held at the conference site:

Building Diverse AVP Communities, a one-day workshop on Friday, May 25. Explore fresh ways to attract community workshop participants; cultivate these diverse spirits—both before and after workshops.

HROC (Healing and Rebuilding Our Communities) Workshop, a three-day workshop before the conference on May 23-25, 2012. This is a first-time-ever opportunity to take the full workshop at the Conference site.

See the website for details on these and for information on the “Advanced Workshop on Shame” to be held in Annapolis also prior to the Conference.

Breakout sessions will be fascinating, engaging, and informative – exploring AVP and trauma healing, shame, forgiveness, creating AVP communities, AVP in schools, gangs, new ways of doing traditional exercises, using movement, and much more!

New Windsor Conference Center, Maryland

We believe that you will find the accommodations most comfortable, complete with wireless connectivity, private baths in the double rooms, and all linens provided. You are about an hour away from Baltimore and one and a half from Washington, DC. Stay and tour!

Registration Details

Don't miss out! All registration ends May 7. Scholarships are available. See www.avpusaconference.org for details and registration.

No access to the web?

Ask for printed registration forms:
AVP/USA 2012 Gathering
PO Box 41
Fort Howard, MD
21052

Belly of the Beast – CBC Documentary of an actual AVP prison workshop



Now with any order you place with AVP USA, you can request a **FREE** VHS video of the *Belly of the Beast* filmed in the 70s with Steve Angel in conjunction with the Canadian Broadcasting Corporation (CBC). This classic example of an AVP workshop is useful during public presentations to answer the question “What do you do in a workshop?” See order form. It is available for sale on DVD also.

Here's a quick modification of Zip Zap Boing that our team likes:

Standing in a circle, tell the group you'll be passing two words around the circle, “zip” and “zap.” “Zip” goes around to the right and “zap” goes around to the left. Say “zip” to the person on the right of you with a quick slap of your palms together and sliding one forward. That person must quickly say the word “zip” and pass the gesture to the next person on the right. It moves around the circle until someone says “zap.” Then the person on their left must say the word “zap” and pass the hand gesture to the next person on their left. Demonstrate first, with another facilitator placed about six people to your right who is ready to say “boing” and shake his whole body. When he does this, explain that “boing” reverses the action of the circle whenever someone says it. Practice one round. In the middle of all of this, demonstrate that if someone says “Rock star!” and strums an imaginary guitar, everyone in the circle has to rotate their hips and say, “whoa!” Then the next person to the right starts again with “zip.”

Eleanor Novek



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CY Youth	13.00	_____	_____
CO Organizing Kit 2010 edition	13.00	_____	_____

Spanish Manuals (Translated by PAV Mexico)	Price	Qty	Total
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SA Advanced	26.00	_____	_____
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VM Welcome to AVP - Produced by FNVW 28 Min - ___DVD-R	21.00	_____	_____
VA Another Way - Produced in Australia 58 Min - ___DVD-R	21.00	_____	_____
VP Picture Sharing CD (190 Pictures for use in Picture Sharing Exercise)	13.00	_____	_____
VL 25 to Life _DVD _stories for 6 former NY inmates for use in youth programs.	13.00	_____	_____
EV 2010 Keynote - Eddie Ellis at APV/USA Talks about first workshops in Green Haven	13.00	_____	_____

AVP Evaluations	Price	Qty	Total
ED Delaware/Sloane Study	3.50	_____	_____
EZ New Zealand Evaluation	6.50	_____	_____
ER Rwanda Report	2.50	_____	_____

Other Items	Price	Qty	Total
HI HIPP Manual 4th Ed. (Published by AFSC)	30.00	_____	_____
AT Trauma Healing Manual (Hoover) NEW	12.50	_____	_____
TA Transforming Power - AVP in Action	11.00	_____	_____
TP Transforming Power for Peace (Apsey)	6.50	_____	_____
LBr Little Book of Restorative Justice (Zehr)	4.95	_____	_____
Lpp Little Book of RJ for People in Prison	4.95	_____	_____
WS Walking Softly in an Alien World	4.00	_____	_____
BU Building a Home for the Heart (New)	15.00	_____	_____
CI Peacemaking Circles and Youth (New)	20.00	_____	_____
PIN AVP lapel pins pack of 10 @ \$2.50/pin	25.00	_____	_____

Postpaid Pamphlets	Price	Qty	Total
PH Nonviolence & Community (Pendle Hill)	4.00	_____	_____
BP AVP-Overview & Background Pamphlet	1.50	_____	_____
BY AVP-USA By-Laws & Policy Guide	1.50	_____	_____
DI AVP Worldwide Contact Directory	1.50	_____	_____
RH Restorative Justice Pamphlet	1.50	_____	_____

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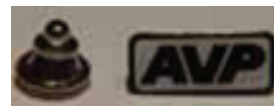
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See Next Column for Rates

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DOTS – Version 2

- Purpose:**
1. To help participants to understand how we silently communicate our identification with the groups to which we belong, while at the same time we reject those who don't belong. (In-Group/Out-Group)
 2. To encourage identification with the entire group, including facilitators as well as participants. (Us vs. them)

Time: 30 minutes

Materials: Approximately five sets of round stickers of assorted colors. (These can be bought at stationery and office supply stores, or improvised using newsprint, marking pens, and masking tape.)

Note: People who have read, observed, or participated in this exercise previously should be asked not to take part, as their foreknowledge may prevent the intended experiences from happening.

Sequence:

Preparation: Get stickers ready to place on the backs of the hands of the participants.

- a. Select one to three individuals (depending on group size) who will each receive a sticker of a different color from that of anyone else in the room.
- b. Excepting those unique individuals, make sure that there are at least two, and up to five, people in the room who will share the same colors.
- c. Ask everyone who is not participating to sit together in one section of the room.

1. Have the participants stand. Place a sticker on the back of the hand of each participant. Vary the size of the color groups, e.g. two greens, four reds, five blues.
2. Ask the participants to keep their stickers visible to the others and tell them, "Without talking, arrange yourselves as you think best." Explain that they may assist others but they may not speak.
3. Allow the participants to rearrange themselves as much as they wish. Initially, the participants are likely to form groups of like colors. When all have formed such groups, there should be only the one, two, or three individuals remaining who have the unique dots. Whenever everyone seems to settle on an arrangement, ask questions such as, "Are you all satisfied that this is the best arrangement?" and "Have you all found the group to which you belong?"
4. There will likely be considerable milling around for some time as groups form, split up, and re-form. Continue asking the questions at appropriate times. End the exercise when everyone seems satisfied with the grouping(s), and you have given them a bit of time to consider other possibilities. Eventually, it is likely that all of the participants will form a single group. If this happens, continue asking the questions. If they all seem satisfied with this arrangement, have everyone sit back down and begin processing. However, after some further consideration, one or more participants may move over and stand with the facilitators. This is likely to be a breakthrough, and all of the participants will quickly move so that everyone in the room is in one group.

Processing:

- How did you feel when you first found your like-color group?
- Of the ones who were unique, how did you feel when you were isolated?
- How did you resolve the issue of where you belonged?
- Did it occur to you to invite the different ones into your group? Why or why not?
- What does this have to do with real life?
- How can the existence of different groups lead to violence?
- When are groups good and when are they harmful?
- How does this relate to Transforming Power?

Looking for a place to post "off-topic" discussions

(those of real interest to AVPers but not directly workshop- or AVP/USA-related)?

Facilitators Free Forum (FFF) is a self-moderated listserv with access limited to worldwide facilitators of the Alternatives to Violence Project (AVP). The Facilitators Free Forum is a discussion group permitting a wide exploration of issues not specifically related to AVP workshops.

While our long-established list, AVP-L, is designed for the discussion of matters pertaining to education and facilitation of AVP workshops as well as announcements pertaining to AVP/USA, FFF has no such limitation. Although the subject matter presented in this listserv primarily consists of AVP-related topics and issues, there are no specific restrictions on post subject matter or length. Primary responsibility for content moderation is provided by the list members on a mutual trust and respect basis, with consideration for cultural differences.

Since this is an open forum, please understand that all postings are the expressions of the participating individuals and do not represent opinions, policy or procedures of AVP/USA or any other AVP local or international group.

To become a part of FFF: FFF is "self-subscribed" through the AVP/USA website. To limit subscribers to AVP facilitators, you must provide the generic AVP facilitator password when subscribing. This is the same method you use to obtain the facilitator's discount in the online AVP product store.

To subscribe:

1. Go to <http://avpusa.org>
2. Click on the "Subscribe to AVP Discussion Groups" (bottom of the right-side column).
3. On the page that opens, select "Subscribe FFF." You will be asked for an authentication password (texashug). You can also subscribe to the AVP-L for lively sharing of workshop issues in this same location.
4. Fill in the requested info on the subscription form. You will then receive an email asking you to confirm your subscription.
5. Once you've confirmed your subscription, you will receive further instructions on reading archives, changing your profile and sending emails.

SHAME UNDERPINS EVERYTHING WE DO

Shame is a part of our lives. Without the innate ability to feel shame, we would not be living in community. Any shame we feel comes with such a feelings of discomfort and isolation; feelings we find many ways to override.

The shame we feel when we trip on a footpath and feel silly, when we fail to meet an important deadline or expectation or when we cause harm to another is the doorway to making a difference in the future.

AVP workshops are a reflection of life, and shame is one of the aspects of life that is experienced in the workshops. Donald Nathansen says, "Shame is the doorway to heaven."

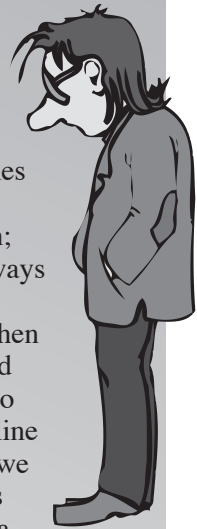
James Gilligan says it is the root of more than 90% of



violent crime and is a major experience of most inmates, including the day they were arrested.

Brene Brown's research shows us how shame- especially hiding or ignoring it--impacts our ability to form or maintain meaningful relationships in our world.

This topic Advanced Workshop is an opportunity to explore shame, its impact on our lives and how working with it might make a difference to each of us.



Julie

New Miss America Shared Father's Time in Prison

By Oskar Garcia, Associated Press

LAS VEGAS - The nation's newest Miss America is a 23-year-old Wisconsin brunette who had long conversations with her family, mulling over whether or not to make her father's jail time for mail fraud the heart of her campaign in the beauty pageant.

While her competitors pushed platforms including promoting the health benefits of milk and protecting the environment, Laura Kaeppler said she wants children of incarcerated adults to feel less alone, to have mentoring and as much of a relationship with their parents as possible.

"There are many of you out there--and I was one of them--but it doesn't have to define you," Kaeppler told The Associated Press after winning the crown and a \$50,000 scholarship on Saturday night.

To win, she said beauty queens and politicians should remember they represent all Americans, sang an operatic song and strutted in a white bikini and black evening gown.

Her looks, intelligence and personal vocation impressed a panel of seven celebrity judges enough to give her the title.

"What happened with my father is not what my year is going to be focused on," she said. "It's going to be focused on looking forward and moving to the future because that's what my family has done, and that's what I'll encourage others to do as well."

Kaeppler estimated there are more than 2 million children with a parent in jail.

Kaeppler's father, Jeff Kaeppler, told the AP he served 18 months in federal prison for mail fraud, a sentence his daughter said started as she was graduating high school and entering college.

Jeff Kaeppler said when his daughter approached the family about making the personal topic her chosen platform, they supported it even though they knew it would be discussed publicly.

"It taught us that God can turn anything into good if you let him," he said. "Laura is totally on board with that idea. She let that drive her and inspire her this past year to get ready for this."

Apologies and Survey



Our apologies to inside facilitators or others (who are receiving the Transformer via a central local person) for not distributing the newsletter to the last two issues, however we should be caught up now.

Everyone please watch for an upcoming survey of how you want to receive news about AVPUSA.

Want to share Topic Advanced workshops?

If you want more on exercises and agendas used for any workshops, facilitators can share exercises or agendas now by going to AVP/USA Facilitators Forum at www.AVPUSA.org





POWER WALK

Purpose: To help participants recognize and embody various power disparities

Time: 25 minutes

Sequence:

1. Ask everyone to stand in a single line, shoulder to shoulder, facing the same way, holding hands.
2. Explain that everyone will take one step forward or one step backward in response to each question.

Sample Questions:

- If you believe you could be unfairly accused by police based on race, gender, background or appearance, step back.
- If you are a survivor of incest, rape or other physical abuse, step back.
- If you are a parent, step forward.
- If you took a vacation outside the United States before you were 18 years old, step forward.
- If you grew up with people of color or working class people who were maids, servants, gardeners or baby-sitters in your house, step forward.
- If you were raised by both biological parents, step forward.
- If anyone in your immediate family has had a problem with drug or alcohol abuse, step back.
- If you consider yourself racially "color-blind," step forward.
- If you have ever been unable to attend an event or gathering because it was not accessible to people with your disability or background, step back.
- If you had more than 50 books in your home growing up, step forward.
- If you have ever felt judged or uncomfortable because of the size, height or shape of your body, step back.
- If you are ever asked to speak for all the people of your racial group, step forward.
- If you grew up expecting that your family would pay for your college, step forward.
- If the important members of your family have always embraced you, step forward.
- If you ever inherited--or expect to inherit--money or property, step forward.
- If you have a disability that others don't see, step back.
- If people with power in your community look like you, step forward.
- If, as a child, you were ever hungry or worried that there would not be enough to eat, step back.
- If you or any member of your immediate family has ever been incarcerated for reasons other than political activism, step back.

Debrief:

1. What was hard for you in the exercise?
2. What did you object to or not want to be aware of for yourself or amongst the whole group?
3. What was beautiful?
4. Were there any questions which asked you to step back where you felt a step forward would be more appropriate? Vice-versa?



The Transformer, AVP-USA, Inc.
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Get your group to all subscribe and save money.

Are the inside facilitators receiving their subscriptions?

Are you a member of our AVP Email discussion groups?

There are two: AVP-L, our long-standing group that explores the 'nuts and bolts' of education and facilitation of AVP workshops. And, there's the new FFF (Facilitator's Free Forum) that ranges more widely and freely, to areas of non-violence philosophy and other topics of interest to AVP'ers.

For more about the groups, and to subscribe, look for "Subscribe to AVP discussion groups" on avpusa.org.