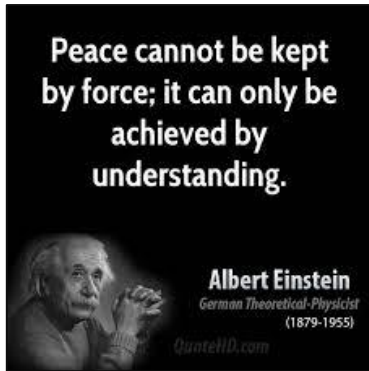


AVP WA NEWSLETTER SUMMER 2020



Upcoming workshops

- Feb 24 – 26: Wooroloo Basic*
- Mar 3 – 5: Bunbury Prison Advanced*
- Mar 17 – 19: Karnet Basic*
- Mar 21 – 23: Acacia (Protection) Advanced*
- Mar 23 – 25: Wooroloo Advanced*
- April 4 – 6: Acacia (Mainstream) Advanced*
- April 20 – 22: Wooroloo T4F*
- May 12 – 14: Karnet Advanced*
- May 15 – 17: Acacia (protection) T4F*
- May 19 – 21: Bunbury Prison PRU Advanced*
- May 23,30: Community – Osborne Park Basic*
- June 13, 20: ASeTTS Basic*
- June 20 – 22: Acacia (Mainstream) T4F*
- June/July 29-1: Wooroloo Basic*

The History of AVPWA

We have been going for 25 years now! Sally Herzfeld, Jo Vallentine, Merrill Stokes and Jim Thom have recently completed a chapter for a book on AVP International. If you are interested in the history of AVP you can read it [here](#) or ask Sally, Jo, Merrill or Jim for a copy.

Australian National Training Gathering 24 – 27th April 2020 – Launceston Tasmania

Selene Moonbeams



The ANTG is getting close, and Greg, Merrill, Niki and I are very grateful to receive a scholarship from AVP WA to attend the gathering. The gathering will take place at the Emmanuel Conference and Retreat Centre in Launceston, Tasmania.

I am on the planning team with Xavier (Tas), Vidya (Canberra) and Joanne (Tas). I am chief

programme coordinator, so if anyone has any suggestions or requests for something they would like to see explored at the gathering, please send them to me, and I will include them on the potential programme. The programme will be done collaboratively on the first morning of the gathering, but I'll make sure any suggestions from the states are included in the mix. selenemoonbeams@gmail.com



End of year celebration

Jim Thom

A fair crowd of us gathered together in December to celebrate another largely successful year of AVPWA. First we partook of a lovely selection of food. Then we had a fun session with a gathering from Niki (a highlight of my year), a summary of the year from Mark, then



Greg had us chasing our tails as dragons. Selene facilitated a very creative end of year construction exercise and Amy closed with our traditional Haida, Haida circle dance. We then returned to the kitchen and, since a whole hour had passed since we last ate, we polished off the sweet offerings that had been kindly supplied. A great evening which will help to strengthen us for the challenges ahead in 2020.



Training Day Sat Feb 1st 2020 – Fundamentals of AVP

Jim Thom

More than 20 of us were present for this first training session in 2020. We looked at two basic things about AVP – the team and agenda preparation.

Our first gathering was about the role humility plays in AVP and it was fascinating to realise that we had all thought about it and the responses were quite varied. All agreed that humility is a desirable quality in an AVP facilitator.

Following a discussion about the value of facilitating AVP workshops in teams, we split into small groups and went through the team building process as set out in the manual. When considering if this is a good way to build the team prior to a workshop some of the many points raised were:

- Following the manual and “trust the process” are important.
- Little videos of L+Ls would be useful for new facilitators.
- Disagreements can be positive.
- Sharing life experiences can be positive but have to take care not to go into too much detail.
- When sharing we have to remember that it’s not therapy.
- Perhaps “leading” AVP workshops should be changed to “facilitating”.
- Maybe an additional question such as “things which could affect my performance this weekend.”
- Experienced facilitators could walk new facilitators through their exercises on the first try.
- The process of team building should help new people to feel less vulnerable and enable them to feel accepted and confident.
- We should work with each other’s strengths.
- When relating previous bad experiences in workshops we should keep things anonymous.

The general feeling was that the manual team building exercise is a good guide. There may be time restrictions especially in prison. Also team members may have worked together many times and need less time to form a team bond. It is important that if a new person is working with others who know each other well, that they are welcomed and included as much as possible.

Lunch, once again was mainly catered by Merrill with a small contribution by Jim.

After lunch the gathering was “A quality I value in a team member. . .” resulting in a comprehensive list of qualities that none of us could claim to have in its entirety. This in itself emphasises the value of the team.

We then talked about agendas. A brainstorm demonstrated that there was good understanding about the importance and function of agendas. Things like balance, relevance, information, reminder for feedback and guidance for time keeping. Mostly these days we use a standard agenda for basic workshops but it was mentioned that we have the power to try different exercises from time to time to avoid becoming stale and stagnant.

However in an advanced workshop we sometimes have to create agendas on unusual topics. It’s up to the team to agree if a particular topic can be addressed. To examine this we split into four small groups and tried to create agendas for the topics of: LOVE, EGO, MENTAL ILLNESS and HOPE. When the teams reported back after about 30 mins, it was evident that our manual exercises, combined with the experience and knowledge of the team, were sufficient to develop agendas to explore these topics.

Online Library

Katherine and Dawn - AVP International Education Committee

Friends, Facilitators, Awesome AVP people! We are so thrilled to be able to finally open our Online Library where you will find priceless Workshop Manuals at your fingertips! It's a tremendous start to the New Year! It's taken several months and a great deal of careful sifting and sorting, organizing and checking to put all these resources together and make it easily accessible to you. Huge thanks to all the facilitators who helped!

To access the Online Library, you must register at the AVP International website. Registration is Free! If you are not already registered, please go to www.avp.international and 1. Select **Log in** on the top right hand corner of the Home page. 2. Select **Register** and fill in the form. 3. You will be sent a confirmation email with your login details. Use these details to log in to the website. Once you're logged in, on the Home page, click on **Resources**. On the right column you will see the heading **Online Libraries**, select **AVP Workshop Activities Library** and...voila!

The current manuals in the Online Library are all in English but, worry not! You can easily get translations using the Translation button you'll find on each page. Yes, we're very grateful for this feature.

Folks, we trust you'll find the Online Library useful. We'd love to receive your feedback so that we can make it better and even more useful to you. You can give us your feedback by using the feedback form you will find on every page you view. Also, if you feel you'd like to contribute to the Online Library, please contact us. We'd love to have your input.

Finally, Share the Love! Folks, you can have gold but if no one knows about it, it'll be wasted. Please share this golden resource with all your AVP groups and teams. Thank you and happy excavating!

Comments from Darwin inmate participant at his Parole Board Interview

When asked if he would do anything differently, [he] said, "Now I would a done it a lot differently. I would a walked away and cooled down. The programs have helped a lot with changing decisions and responding to situations. The AVP (Alternative to Violence Program) helped a lot with understanding build up. It's like the temperature, and now I know when to walk away. I've come a long way".

[He] went on to talk about his role as a Facilitator with the Alternative to Violence Program and how it's helped him, and he enjoys helping others to find the same understanding.



LETTERS TO 'SELF AS A TEENAGER'

To my younger self,

What you thought about yourself is true. You are weird. You are odd. You are somewhat of a 'special case'! You are different. Believe it or not it's actually OK to be so. You are fine just the way you are.

The journey will not come easy or easier. There will be crags, canyons, rapids and the like. Choose the narrow way, the road less travelled by. Have passion, true passion. Climb the mountain and it'll be you who reaches the peak.

Some Key Advice:

- *Don't conform. You're just fine.
- *Steer clear of alcohol and drugs
- *Avoid 'fast' women & friends
- *Never compromise when you know you're right
- *Trust your gut
- *Love the Lord – true Love.

All the rest is up to you. Have a good life. The choice is yours. Tony.

Life is all about experience. At the moment you are reading this, life is travelling along at its best.

You are thinking you are able to handle whatever life throws at you. Hardship and loss are something that are going to happen way, way, way down the track and because you are going to be older you will be able to cope with it. Just because you are older? Unfortunately NOT. Life is chaotic. No matter what your age, what experience and what you know. I'm not going to say, "Don't do this and don't do that", but I am going to say you're not exempt from rules. You're not invulnerable and life will not be without devastating sadness at some point. Don't be naïve. Jim

Editor's note

A newsletter is published every quarter. If you have any news, photos, or new things you've tried in workshops, including inmate contributions, please send them to our newsletter editor Selene Moonbeams. selenemoonbeams@gmail.com

Need more information?

For details of upcoming workshops or training, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact our administrator Mark Newhouse.

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