



ASIA WEST PACIFIC REGIONAL GATHERING, 2012

FINAL REPORT



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DAY 1 - SATURDAY 14

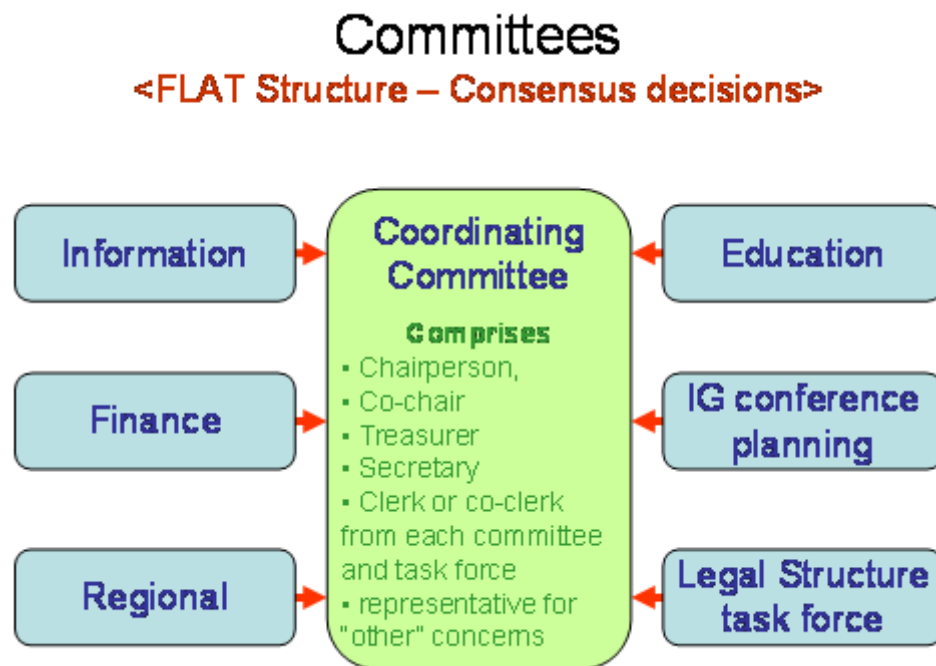
This the first AVP Asia West Pacific Regional Gathering was held in the Guildford Grammar Middle School Boarding School, in Guildford, and north western suburb of Perth about 10k from the centre of the city.

The Gathering opened at 1:00pm with everyone arriving, registering, settling in and exploring the venue. There were two floors. The main conference room, living room, dining room and kitchen were on the ground floor and the bedrooms were upstairs. About half of the 55 Gathering attendees were from interstate and stayed for the week and half were from Perth and came each day.

The opening session went from 2pm to 4. The proceedings opened with an Acknowledgement of Country, then and Opening Circle. Anna (AVP WA Chair) opened the Gathering.

INTERNATIONAL ROUND UP

This was followed up with an International Round Up by Sally (WA) and John and Katherine (NSW). All three are members of the AVP International Coordination Committees and are clerks of AVP International Committees.



John as the Chair of the AVP International Coordination Committee and President of AVP International introduced

- The foundation of AVP International at the Kenyan International Gathering in September 2008
- The structure of AVP International, with its committee structure, with the clerks of each committee forming the central AVP International Coordination Committee
- The committees, their roles and major activities over the last three years.
- The Coordination Committee has met by skype calls every four to six weeks since it started
- John and Katherine were part of the founding group and Sally joined in 2009
- A major achievement of the first three years is the development of the AVP International website which provides the public imagine of AVP internationally (www.avpinternational.org)

Sally was the clerk of the International Gathering Committee which ran the successful AVP International Gathering in Antigua, Guatemala in October 2011. The International Gathering Committee then produced a manual on how to organise international gatherings and was in the middle of selecting the next international gathering hosts, date and venue. Discussions were underway with AVP Ireland for a possible gathering in Dublin in mid 2014.



Sally was planning to hand over the Clerk role and had already joined Katherine as Co-clerks of the AVPI Education Committee.

Katherine as Co-Clerk of the [AVPI Education Committee](#) described the role of the Committee. The goal is to provide access to the AVP manuals for all AVP groups and facilitators throughout the world. The manuals continue to be written in the United States, and are now written in partnership with the AVP International Education Committee. The first manual to be written in the partnership is the Facilitators Training Manual and Katherine is one of the four writers or 'editors.' It is hoped to complete this manual this year. It includes a section on the Training for Facilitators workshop (T4F) and a section on facilitators Continuing Learning workshops.

An AVP Education Network is being set up to support the gathering of material from around the world. The gathered material is added to the collection of manual writing support material and working files located on several wiki websites. Interested AVP facilitators are welcome to visit the wikis and join the collaborative manual writing process.

Free electronic copies of the AVP USA manuals will be available to each country AVP group in the world. The other translations and local manuals will be available through the AVP International website.

This was followed by the Regional Gathering Housekeeping and introduction to the Regional Gathering Program. It is the most sophisticated of the Australian Gathering programs because this Gathering is bigger and longer than previous Gatherings. It was a week long and was attended by 55 AVP facilitators. The numbers enabled the scheduling of two simultaneous sessions at one time with two 'strands' of sessions offered each day.

From 4:00-7:00 pm the Gathering attendees had free time, time to catch up with old friends and make new friends, the first of the daily swims in the boarding school pool and dinner at nearby restaurants.

The evening entertainment was provided by the AVP WA hosts. Jim led the Tell Me a Story Gathering Circle and Anna, Selene and Jo led the Circle Dances.

14/01/12: Opening Plenary

Host: AVP-WA/ Anna Alderson



Insert report – Anna (as Chair)

14/01/2012: Evening Plenary

Host: AVP-WA/ Jim Thom

"Tell me a story Report"

This was a chance to get to know one another. We had a gathering in which the challenge was to describe ourselves in only two sentences, a necessary restriction because of the size of the group. This was followed by concentric circles in which we told each other stories in pairs about various aspects of our lives. This was followed by several circle dances - all of which helped to bring a sense of community to the group.

Jim Thom



DAY 2 – SUNDAY 15

Sunday morning started with a plenary (ie. everyone attended) with an Acknowledgement of Country, Regional Gathering Housekeeping and a Regional Round Up led by our regions representatives Sally (WA) and Karen (Singapore and formerly WA).

REGIONAL ROUND UP

Sally described how the attendees of the 2011 International Gathering had divided up the AVP world into regions and spent a whole day forming those regions. The representatives from each region form the AVP International Regional Committee.

- Sally introduced our region and the various AVP groups that have been identified in our region
- Karen summarised our regions presentation to the AVP International Gathering
- Rosemary (Tasmania and Afghanistan) told about the starting of an AVP program in Afghanistan in May 2011
- Nadine (Indonesia and USA) described the successful AVP program that has been running in Indonesia for the last ten years. The program focus is in Aceh, the western part of Indonesia that is recovering from both civil war and the devastating tsunami. Nadine has many inspiring stories of what is possible
- Suseelah (Singapore) described the starting of AVP in Singapore.

PROGRAM FOR THE REST OF SUNDAY

After morning tea there were two simultaneous sessions

Stream 1: Aboriginal AVP – Part One hosted by Sally and Wes (WA)

Stream 2: What is AVP: an Introduction to AVP hosted by AVP Sydney

After lunch there were also two simultaneous sessions

Stream 1: Aboriginal AVP – Part Two

Stream 2: Starting Up an AVP Group – hosted by Rosemary (Tasmania) and Justine (Darwin)

After afternoon tea was a plenary session (for everyone) on Sharing AVP's Collective Wisdom presented by Katherine and Malcolm (Sydney). This session included data-projection demonstrations of the AVP Australia, USA and International websites and the AVP wiki collections of AVP working files.

After dinner was the AVP Australia Business Meeting for everyone.

15/01/12: Morning Plenary - Regional Round up

Host: AVP-WA

1. Acknowledgement of Country

2. Regional roundup

AVP is active in the following areas –

- Australia –
 - Tasmania
 - Melbourne
 - Sydney
 - Brisbane
 - Broome
 - Darwin
 - Alice Springs
 - Perth
 - Canberra and Newcastle are inactive, but with a nucleus of people hoping to re-start.
- Indonesia –
 - Aceh
 - Java
 - Sumatra



- South Korea –
 - Daejon
 - Afghanistan –
 - Kabul
 - Shamah??
- Not known much about –
- New Zealand
 - Solomon Islands
3. It was acknowledged that the Region faces many difficulties and challenges around culture and language.
 4. The members from Darwin acknowledged the great benefit of being on Skype. They said it helped them to feel connected and decreased their feelings of isolation
 5. Don from New Zealand said there has been no AVP activity in Dunedin since the 1990s. There is some effort being made to run workshops within the Maori community.
 6. Nadine from Indonesia said an email list of the entire region would be helpful. That there was a need to promote AVP more but that there were struggles with Skype and other technology in Indonesia.
 7. There is an Asia West Pacific Regional email discussion group for AVP facilitators. This will be extended when there is time. Invitations will be circulated to all AVP groups in the region.
 8. Suseelah from Singapore said she would love such a list – it would help her to be more incorporated in the region. Although she can contact AVP World on Google, there are no links to other West Pacific/Asian regions.
 9. It was agreed that those interested in making connections between regions would meet again during this current Gathering. John, from Sydney, suggested a further discussion re same at the Business Meeting.
 10. Rosemary Epps then gave a very insightful account of the rise of AVP in Afghanistan, including its challenges and trials and the things that worked well.
 11. Nadine Hoover then spoke of the 'Indonesian Story' of the conception of AVP and its continual progress.

15/01/12: Stream 1 – Aboriginal AVP

Host: AVP-WA

- Introductions & Acknowledgement of Country by Ted Penny.
- Gathering: Everyone said their name and what connections they had had with Aborigines. This took nearly half an hour as most had been involved.
- In 3 groups Brainstorm the characteristics of the Aborigines for which we would be running a workshop.

GROUP 1 In a circle in the centre of the page, they had written, "Worst Case Scenario" then at the end of lines coming like rays from that circle, they put:

- Introduce yourself,
- Be practical and real,
- Positives,
- Break the Ice and be friendly,
- Location- outside, overnight,
- Educate yourself, different expectations of life, respect, pain/trauma, time
- Activities – art especially first day, journal
- Leadership model
- Food

GROUP 2 - Did a brainstorm and listed:

- Being adaptable – work in progress
- Being real- accepting
- Experiential
- Family connection – acknowledge
- Time elasticity
- Art (glad wrap roll – didgeridoo) sport,
- Role plays
- Food availability and transport



GROUP 3 - Brainstorm

- How do we quickly establish differences?
- All different – too many stereotypes
- Many are not talkative – shy - how do we bring them out?
- Have symbols – less writing- graphic facilitation- someone whose job it is to draw.
- Eye contact inappropriate- disrespectful-uncomfortable – same age only appropriate- check this out – take time to get to know.
- Don't like direct questions – closed questions more comfortable
- Story telling important – respond well
- Like art and sport
- Don't take anything for granted
- Listen

Light and Lively: 'Watcha doin'? with Aboriginal flavour

1. Role play – a short role play was enacted depicting a family feud

REAL LIFE: a skit was acted by Brooke and Kevin giving an example of a family feud where a family member was being pressured into fighting someone as 'payback'. This was to show the type of situation from which a participant would leave to come to a workshop. Brooke and Kevin were brilliant!!

2. The original groups of Part 1 gathered – together with new participants – to brainstorm a workshop around the issue of family feuds. The workshop needed to come up with an agenda that incorporated

- Introduction
- Agenda
- Gathering
- Small group exercises
- Light and livelies.

3. Large group feedback –

Each group presented their brainstorming & all of these agendas were reported on and discussed. The different and new ideas were amazing!!

Group 1/AGENDA 1: Theme - CONFLICT RESOLUTION

✚ **Gathering:** My positive name is.... When I'm in conflict with my family I feel.....

✚ **Creative Family:** Making something to represent families. (didges etc)

✚ **Hassle Lines:** ?? Real life scenarios

✚ **L&L:** Pattern Balls

✚ **Pair Shares:** ??

✚ **Role Plays**

✚ **L&L:** Big wind blows

✚ **What's at stake?** Positives and negatives of Violence

Group 2/AGENDA 2

✚ **Introductions:**

✚ **Brainstorm:** The meaning of Feuding

✚ **Gathering:** A time when I fought or chose not to fight someone else's fight

✚ **Truth Line:**

✚ **L&L:** Blood Line

✚ **Closing:** The Hokey Pokey

✚ **LUNCH**

Group 3/AGENDA 3

This group displayed their agenda in drawings. The Topic was FEUDING for an Advanced Workshop

✚ **Introductions**

✚ **Welcome Stretch**

✚ **Gathering:** Turn to person next to you and share a time when you were able to avoid a feud.

✚ **Activity;** Silent Art.

✚ **L&L:** Here I sit

✚ **Arm Chair Role Play.**

✚ **Evaluation with bright ideas**

✚ **Closing**



4. Closing

- The large group participated in a 'multi-cultural' Aboriginal music windup.

CLOSING: We invited the other group into our room for a combined Multicultural Corroboree.

All participants had some type of 'instrument': real or cardboard didgeridoo, boomerangs, click sticks, castanets, triangle, message sticks etc. Brooke and Sally led a women's Emu dance, while Kevin stated the men doing a men's emu dance. Many people got up and joined in doing various movements and making various sounds. The rhythm was great and the fun was great – I'm not too sure about the sound!

15/01/12: Stream 2 – 'What is AVP?'

Host: AVP Sydney

This session came from a ground swell of interest at the Guatemala International Gathering about What is AVP? What is the essence of AVP? What can all AVP facilitators around the world can agree to? This was explored in a series of five sessions over the last three days of the IG.

1 Welcome and Introduction to team – Katherine, Laurie and Malcolm

2 Gathering: My name, AVP group and an inspirational moment in AVP

3 Three Reflections in small groups

In small groups, participants were invited to share inspirational moments in AVP

- * A time an AVP workshop went really well
- * A time an AVP workshop went badly
- * A time an AVP workshop went well unexpectedly after going badly

4 Small group brainstorms – What is AVP?

- Group was divided into four small groups.
- Each group brainstormed what it believed AVP was about.

5 L&L:

6 Brainstorm and consensus - Large Group discussion

- Individual small groups placed their written discussion of topic on butcher paper on ground.
- The four groups discussed those issues that were common and individuals then asked to indicate if they agreed with this assumption.

Results of discussion - AVP is?:

- A community of people who have a strong belief in non-violent solutions to conflict coupled with a commitment to practice same in everyday life.
- In workshops, an invitation is given to participants to adopt and practice same
- A deep respect for all people
- A desire to build community and commitment
- A deep belief in the concept of Transforming Power
- A commitment to the experiential nature of workshops
- A belief in the advantage of light and livelies to cement learning.
- The power of the building blocks of the mandala, keys, queries, guides
- Implicit and explicit ground rules

Issues for further discussion –

- A common understanding of the word 'volunteer'.

7 Session Reflection

8 Closing

15/01/12: Stream 2 – 'Starting an AVP Group'

Host: AVP-Tasmania



15/01/12: Afternoon Plenary – ‘Sharing AVP Collective Wisdom’

Host: AVP-Sydney

This session included data-projection demonstrations of the AVP Australia, USA and International websites and the AVP wiki collections of AVP working files.

1 Welcome

2 Gathering: My name and what drew me here

3 Brainstorm 1) What information do you need

- administration forms, new ideas, exercises (peer reviewed), prison tips, FAQ, culturally specific (what works in one culture and not in another, fundraising and grants info, info about HIP, dealing with prison officials, other people's experiences; classification, navigation and search engines; grievance procedures, electronic copies of manuals

2) What are your current sources of information

Internet, 1994 USA manual (old), concise manual, reps in international forums, other facilitators, training nights, group email for international website – email contacts, AVP web page, doing workshops for facilitators across the world in different groups, skype sessions, this Gathering WA 2012, local level newsletters, brochures on WA, WA Facebook page, USA Transformer Newsletter & USA website, AVP Australia Network email list

4 Pair Share – What I can contribute to the sharing of AVP collective wisdom

5 L&L:

6 Knowledge management

7 Demonstrations of – AVP Australia, AVP USA and AVP International websites and avpmanuals and avpclearinghouse wikis

8 Way forward

9 Session Reflection

10 Closing: Something I am taking away from this session.

15/01/12: Evening Plenary – ‘AVP-Australia Business Meeting’

Host: AVP-Sydney

AVP Australia Business Meeting Agenda 2012

Meeting held at Guildford Grammar School, Guildford, WA

Note: This agenda comprises three sections:

1. Items for discernment.
2. Items where a quick decision is anticipated
3. Items for information.

Welcome

Minutes: Shared minute taking using Google documents.

Agenda

Approval of agenda

- Participants may add agenda items or ask that they be moved from one section to another.

Section 1: Items for discernment

Date and Location of the next Australian National Gathering

- The next Quaker Yearly meeting is in Canberra. Do we continue our tradition of following the QYM or not?
- AVP ACT is not presently active. NSW is nearby and is offering to host
- The next gathering to be held in Canberra after YM.. Consider Silver Wattle as a venue

AVP Australia and the fledgling AVP Asia West Pacific Region.

- What support/participation would AVP Australia like to contribute?
 - We are supportive of the region and would like to be part of it.
 - We note that a regional working group is being formed.
- AVP Australia Network - do we open it to the Region?
 - Against - this is an Australian group.



Travelling facilitators

- Opportunities to facilitate in Australia
 - People are invited to put this on the email discussion group
 - We need a noticeboard for willing travelling facilitators to be informed
 - The opportunities for this to be developed are continue on the AVP-AU/L

Section 2: Items for quick decision

Do we close the AVP Prisons list-serve and Communications list-serve - they are not being used

- Yes because the Google groups are being closed. New procedure is in place.

AVP Australia Contact

- Malcolm Smith is the contact for Australia. He is happy to continue in this position, or to relinquish it if someone else would like to volunteer.
- Accepted with thanks.

Section 3: Items for information

Bev Polzin: Victoria region bequest

- AVP Vic has accepted a generous bequest for AVP work in Australia
- It is suggested the state or individual who wants funding needs to write to AVP Vic requesting specific amounts and describing the ways it needs to be used e.g. airfares to co-facilitate workshops.



DAY THREE – MONDAY 16

There was a one day workshop introducing a Topic Advanced Workshop on Shame presented by Julei, Laurie, John and Katherine from Sydney.

During the day there was a second stream of sessions

AVP and Role Play introducing café role plays presented by Sabine (Blue Mts)

AVP Youth and the Journal Process presented by Olwyn (WA)

My Transforming Power Story: crafting your story presented by Peter and Olwyn (WA)

In the evening everyone joined together to watch the restorative practices video Facing the Demons featuring Terry OConnell. This was hosted by Olwyn and WA.

16/01/12: Stream 2 – ‘Shame- Introduction to an ADVANCED Topic Workshop’

REPORT ON ONE DAY INTRODUCTION TO THE SHAME ADVANCED TOPIC WORKSHOP

Sydney developed and trialled 2 day Specialised Advanced workshop. At the Regional Gathering in Perth it was thought to test the waters for this workshop with a one day taster for the topic. It was designed for experienced facilitators and thus a one day workshop felt as though it would be enough. However it proved to be somewhat too short for such a challenging area of exploration. While Shame was certainly explored there was a missing of the building up of community prior to the nitty gritty of the subject matter. Likewise after the major activities, time for integration of the insights and learnings would have been enhanced with more time. We thank all those who were prepared to be the guinea pigs for this trial and invite anyone to let us know how they are feeling about the workshop as time passes. Our suggestion for others is that it is a workshop that requires the downtime that is provided within a two day or two and a half day workshop even for the very experienced of us.

Julei Korner

The team decided that like the Trauma workshops, AVP facilitators need to experience the Shame workshop before facilitating the workshop so the agenda and learning activities for this workshop will not be presented in this report. All but one of the learning activities are available in the AVP Sydney Concise Manual. The facilitation guide for this workshop including a sample agenda for a Topic Advanced Workshop and the write up of the one new activity, The Compass of Shame were handed out during this workshop for participants to be able to offer either a Topic Advanced workshop on Shame, or shame as an Advanced workshop topic. For copies of the Concise Manual contact avpsydney@avp.org.au

16/01/12: Stream 1 – ‘AVP Taster Sessions’

Host: AVP-WA

1. Brainstorm - Elements and needs of a Taster
 - good pamphlet outlining group dynamics, experiential nature and skills to be gained
 - individualise pamphlets
 - experiential learning
 - AVP philosophy
 - something different
 - tailored to the focus group
 - concentric circles
 - fun – light and lively
 - stories
 - framework of a workshop
 - questions

Three groups were formed to devise draft agendas for a taster.

AGENDA 1 -Indigenous Group (2 hour session)



1. Introduction of facilitators and recognition of country.
2. Gathering: My name is... and my mob is/I come from...
3. AVP Way [philosophy]
4. Light and Lively: What are you Doing?
5. Story Circles: 'What I like to do', 'What I like about my culture', 'If I could change something in my community I would....'
6. Short break
7. Draw my hopes [for the future]
8. Light and Lively: The Big Wind Blows
9. Closing
10. Shared Meal.

AGENDA 2 - Union Officials for FIFO Workers (2 hour session)

- 1 Acknowledgement of Country
- 2 Introduction of Team and AVP – brief history etc
- 3 Rationale – how and why it works
- 4 Gathering: My name is... and why I do what I do.
- 5 Concentric Circles
- 6 Light and Lively – The Clap, Round of Applause
- 7 Break
- 8 Empathy – FIFO Problem. Just feelings, no problem solving
- 9 Light and Lively: Pattern Ball
- 10 Questions
- 11 Where to from here
- 12 Closing

AGENDA 3 – Targeted Audience/ Teachers, School Social Services, Pastoral care/ Leadership (30-90 mins)

Purpose

- Explain how AVP fits population
- Explain links to curriculum [WA certificate of education]
- Explain group processes & dynamics

Model

- Train Staff
- AVP Volunteers as recognised provider of Curriculum Council content

Sample Agenda

- Introduction
- Welcome and acknowledgement of Country
- Gathering: My name is...and what I hope to gain is...
- Agenda preview
- Concentric Circles
- Broken Pictures/ Cubes
- What is AVP [reiterate links to curriculum as above]

16/01/12: Stream 1 – 'AVP & Role Play'

Host: AVP-Blue Mountains

See attached PDF: 'The International Café'



16/01/12: Stream 1 – 'AVP-Youth & the Journal Process'

Host: AVP-WA/Olwyn Maddock

AGENDA

- Welcome
- Opening Circle
- My positive name is.....?

One thing I remember about school was

- Facilitator Introduction
- What's On
- AVP-Youth

History

Warnbro history

Peer Support training

Youth reflections

- Curriculum Council

AVP-WA experience

Conditions & requirements

- Journal Process

Show & Tell

- Journal Activity

Create Title Page

Copy Agenda

Write a reflection page

Autographs! (positive names)

- Questions & Answers
- Closing Circle

My positive name ...?

One thing I take away from this workshop

16/01/12: Stream 1 – 'My TP Story: Crafting Your Story'

Host: AVP-WA/Olwyn Maddock

AGENDA

- Welcome
- Opening Circle

My positive name is.....?

One TP story I remember from a workshop was

- Facilitator Introduction
- What's On
- AVP TP History

Review stories from the manual

- The Power of TP Stories -

Link to storytelling

Brain connections/hard wiring

Delivery - Message

Link to personal stories - What makes it powerful?

- Brainstorm elements of TP story
- Share a TP Story

Small group Activity

Share a story or two - Does it contain the TP story elements? (link back to brainstorm)

- Journal Process

Draft your story

Facilitators to offer feedback

- TP Story Circle
- Closing Circle

My positive name ...?

One thing I take away from this workshop....?



DAY FOUR – TUESDAY 17

In the first session of the morning Nadine presented a plenary session on Trauma Healing and Developmental Play with some inspirational AVP stories and activities.

After morning Team there were two simultaneous sessions

Stream 1 – Refugee Facilitation presented by Justine (Darwin)

Stream 2 – A Cared Journey presented by Sabine (Blue Mts)

After lunch there were two further simultaneous sessions

Stream 1 – AVP and New Ideas presented by Sally

Stream 2 – A Facilitators Journey presented by Heather (Qld)

After afternoon tea there was a plenary session with Xavier (Darwin) assisting participants to make paper peace cranes.

In the evening there was a Celebration Concert Evening, with everyone asked to bring a performance piece like a poem/limerick, song, story etc. hosted by Peter (WA)

17/01/12: Morning Plenary: 'Trauma Healing & Developmental Play'

Host: AVP-Indonesia A video of work in Indonesia was shown and discussions took place

17/01/12: Stream 1 – 'Refugee Facilitation'

Host: AVP-Darwin

17/01/12: Stream 1: 'AVP & New Ideas'

Host: AVP-WA

We discussed any new ideas which people had and tried some out.

- Keeping Life in Balance. Sally uses this in Advanced workshops where it can be adapted to suit the theme. e.g. Power/ powerlessness. 5 groups are needed.
- One group is given paper in the shape of a person sitting on a seesaw and facing right. This group writes in this shape all the characteristics of a person who is over-powerful.
- Group two is given paper in the shape of a person sitting on the other end of a see saw facing left. This groups writes in this shape all the characteristics of a person who feels powerless.
- Group three is given paper which represents the left half of the balance beam . This group writes on the beam all the ways that can help an over-powerful person modify his/her behaviour to a more acceptable level.
- Group four is given paper which represents the right half of the balance beam. This group writes on the beam all the ways that can help a powerless person become more empowered.
- The 5th group has a fulcrum shaped piece of paper in which they write everything that helps create a well balanced person.
- When all are finished, the fulcrum group places its paper on the floor and reads out what it has written. Additions or comments are asked for. The two beams are then placed upside down on the fulcrum so that the writing cannot be seen. The two groups with the figures place them at either end of the beam and read out the characteristics.
- Discuss at which angle the beam would be. Would it be balanced or would one of the figures be high while the other is low. (Hopefully they will agree that the over powerful person would be controlling the other by being low)
- Next, ask the beam teams to turn their beams over and read their findings.
- Discuss whether the beam will now be level.
- This could also be used if 'Anger' is the chosen theme. The figures could represent Apathy and Rage.

LIGHT & LIVELY



Blinkety Blink: 'It' is in the middle and wants to get a chair. Participants need to make eye contact with each other and give an exaggerated blink and then change places. 'It' tries to get a chair. Many pairs can be changing place at one time.

USING VOLCANOS TO DEMONSTRATE THE THEMES (As learned in Kenya)

One volcano is drawn with the word 'CONFLICT' at the bottom and red, yellow & black lines coming from it to represent a volcanic eruption causing destruction above and down its sides. Another similar shape is drawn with the word 'CONFLICT' at the bottom. The themes of our sessions are then drawn from the bottom up, thus stopping the destructive eruption. Trees, flowers, birds etc are drawn down the sides of this volcano.

USING POST-ITS FOR the REVIEW at the END OF EACH SESSION

With quiet groups who don't participate well in the review or feedback at the end of sessions, we have tried giving three post-its to each participant and asking them to choose the three agenda items they liked the most and write what they learned from them or what they liked about them, etc, and then stick the post-it next to that item on the agenda. This happens very quickly and the comments are amazing. It also means that every person participates if their literacy skills are sufficient. If not a facilitator could help them write.

17/01/12: Stream 3: 'A Cared Journey'

Host: AVP-Blue Mountains

17/01/12: Stream 3 – 'A Facilitators Journey'

Hosts: AVP-QLD

1. **Gathering**
 - MANI – My affirmative name is and what I wish I'd learned prior to facilitation
2. **L & L - 123 Whoosh questions**
3. **Facilitators' pre-school stories**
 - How to do a good transforming power story
 - Encourage to work hard on story
 - Clear, concise and dramatic
4. **Questions I still have about facilitation**
 - Share with partner
 - Shared with group
5. **Closing**
 - Body sculpture – battery
 - Transforming power +
- Negative or positive

17/01/12: Afternoon Plenary – 'Peace Crane Project'

Host: AVP-Darwin Levin and Xavier demonstrated the making of peace cranes from the story of Sadako. The group made many cranes and strung them together while talking about ideas on how to use this activity

17/01/12: Evening Plenary – 'Celebration – Concert Evening'

Host: AVP-WA



DAY FIVE – WEDNESDAY 18

There were three morning sessions. The first two were held simultaneously

Stream 1 – AVP and NVC presented by Anna and Selena (WA)

Stream 2 – Reaction and Response by Elizabeth (WA)

After morning tea there was the closing plenary session with a Regional Gathering Closing Circle and Elm Dance led by Jo (WA)

There were two afternoon activities

Stream 1 Most of the attendees went to a visit arranged for the local Acacia Prison to meet with the AVP facilitator inmates

Stream 2 The facilitators of the Trauma Healing workshop had a comprehensive workshop planning session. Nadine demonstrated a thorough planning session with the apprentice facilitators having plenty of time and support to practice presenting new activities

Those who remained for dinner and the rest of the Gathering were the twenty four participants and facilitators who were to attend the Trauma Healing workshop for the next two and a half days ending on Friday evening.

Session One of the Trauma Healing workshop went from 7:00pm to 9:00pm.

18/01/12: Stream 1 – ‘AVP & NVC’

Host: AVP-WA

18/01/12: Stream 2 – Reaction vs. Response’

Hosts: AVP Perth

Agenda

- Introduction
- Story
- Theory
- Gathering: My Positive name is and I am a ...
- Forced Field analysis
- Scoring
- Capabilities
- L & L
- Closing

Introduction of workshop goals

- Differentiation of reaction and response
- Is it important to know difference?

Story

- Facilitator share personal story that highlighted the 3 primal reactions: freeze, fight and flight.
- Facilitator spoke of primal nature of reactions, acknowledged that there is debate about whether these reactions are set in concrete or conceptualised
- Facilitator suggested that we all have a primary reaction.
- Discussion held around this primal reaction – over which we have no control – as against a response which is cognitive.
- The human brain develops in three stages:
- Brain Stem – controls automatic functions
- Amygdala – holds memories, recognises emotions – automatic reactions
- Neo-cortex – cognitive – thinks, plans, decides, etc.

Gathering

- My positive name is and I am a [Fighter/Freezer/Flighter]
- **Force Field analysis**



- Large Group divided into three small groups & Each group invited to list
- What helps us to move from place of reaction to one of response
- **What helps this move:** Large group feedback –written up on paper & some of the helps were
 - + Education
 - + Self awareness
 - + Knowledge of the capacity to consider
 - + Training
 - + Programming of brain
 - + Subconscious learning
 - + Building on positive relevant experiences
 - + Building repertoires of choices
 - + Believing that these are choices
 - + Strong and positive self-talk
 - + Influence of societal norms
 - + Being prepared to be different
 - + Courage
 - + Rode models
- **Some of the hindrances were**
 - + Lack of awareness
 - + Peer group pressure
 - + Fear of rejection
 - + Acceptance of status quo
 - + Depression
 - + Mental/physical disabilities
 - + Past history
 - + Present circumstances
 - + Fear of future
 - + Fear of change
 - + Risk avoidance
 - + Present company

Scoring

Participants were then invited to mark the three most important items in both the Help and Hindrance List.

Capabilities

Group members then asked in what way can AVP assist groups understand difference between reaction and response.

Because of lack of time, this activity had to be cut short unfortunately. However, most of the group members acknowledged the importance of knowing the difference between reaction and response.

L & L

Do as I say and not as I do.

Person in middle displayed arm motions to depict fight, flight and freeze

Closing

18/01/12: Closing Plenary – ‘RG Closing Circle’

Host: AVP-WA

Insert summary report from Chair (including data)



DAY SIX – THURSDAY 19

There were three sessions of the Trauma Healing AVP workshop starting at 9am and finishing at 9pm

There were two meal breaks with an hour for lunch and less than an hour for the evening meal. This was a take-away delivered to the Gathering to maximise the time for the workshop.

DAY SEVEN – FRIDAY 20

There is no agenda or description of learning activities included in this report because the team decided that like the Shame workshop participants need to experience a trauma healing workshop before considering facilitating one.

The core AVP workshops continue to be the Basic, Advanced and Facilitators Training workshops that are similar throughout the world. More than ten years ago the AVP groups in central Africa, particularly in Rwanda decided that their communities were so traumatised by recent violence that they were unable to participate constructively in AVP Basic workshops until they had experienced trauma healing. So the African AVP groups developed HROC or Help Restore Our Communities trauma healing workshops. These initiatives were supported by the AGLI African Great Lakes Initiative of the Friends Peace Teams.

Soon the Friends Peace Teams facilitators in Latin America and Indonesia came to Africa to participate in these workshops and take these workshops back to their communities. Each branch developed a little differently. In the pre-Gathering Trauma Healing workshop in Antigua, Guatemala the three branches of the Trauma Healing workshops came together for the first time. This very powerful large workshop with six facilitators and twenty seven participants was attended by three Australian AVP facilitators John, Katherine and Rohnda (NSW).

Nadine was invited from Indonesia to present the first Trauma Healing workshop to the Australian AVP community. The facilitators were Nadine (team leader), John and Katherine (apprentice facilitators), Susie and Bweena (junior facilitators, as they had not previously participated in a trauma workshop) and Julei (planning meeting observer). There were more than twenty participants.

This was a large workshop and was the first demonstration of trauma healing to Australian facilitators. The workshop time was short and the workshop large. So the decision was made, to work through the activities and ensure that all the learning activities would be covered so that everyone had the opportunity to experience every activity. It was accepted that this would mean that it was a packed agenda and everyone was tired by the end. It is hoped that this is the beginning of a trauma workshop program in Australia. A number of the workshop participant plan to work together during the year to plan and present workshops in different parts of Australia over the coming year.

It was evident in the feedback received by the participants that the workshop was very well received and many facilitators felt inspired to develop trauma workshop programs in their local AVP groups.

The workshop finished before dinner. Everyone who remained went out to dinner and an evening celebration at a nearby pub. It was a great way to unwind and spend time with our friends for the last time

DAY EIGHT – SATURDAY 21

It was a very good idea to have a morning to clear up and to finish the final conversations and farewells. The venue was vacated by lunchtime. The end of a very successful AVP workshop as AVP in Australia enters its 21st year strong and more united than ever.



REPORT OF THE FIRST REGIONAL AVP ASIA WEST PACIFIC GATHERING

Guildford Grammar School, Perth, W.A. Saturday 14th – Wednesday 18th January 2012.

The fifty five of us gathered after lunch on the Saturday and started the Sessions with an AVP Welcome and this pattern continued until the Wednesday lunchtime when the Prison Group left to be given a meal prepared for them at the prison by the inmates.

Two topics introduced were *shame & trauma* and one of the Sessions was conducted by the locals (Aborigines) that kept us on our toes. The Tuesday evening concert party was genial with singing rounds, circle dancing, poetry & bagpipes.

I very much enjoyed meeting a friendly and lively group of AVP Facilitators from across the Region (New Zealand to Singapore) who shared with us their activities and prospective plans.

The RG finished with a visit to one of the local prisons where AVP workshops have been conducted and the inmates had organised to welcome our group. Firstly in the prison itself but as it turned out they were allowed to host us within the Visiting Area so we didn't need clearance. I was prevented going as my flight was that afternoon. An ADVANCED topic workshop on "*Trauma*" continued after the conference closed.

I foresee that as the Regional Group was inspired by the arrival of the Alternatives to Violence Project to New Zealand in 1992 by Steve Angel from the States (New York) we shall be able to "complete the circle" as someone said to me, when we get around to hosting this new and exciting Regional Gathering.

Meanwhile I am now back and looking forward to the Basic which is being conducted at the Otago University, National Centre of Peace & Conflict Studies in February followed by the Special National Gathering to be held March 10th at the FMH Mt Eden, when I hope to be present at the endorsement of the two Maori Caucus Reps to a newly constituted National Executive.

Don Smart
Waiheke Island
21st January 2012

SHORT REPORT TO THE AUSTRALIAN FRIEND ON THE 2012 ALTERNATIVES TO VIOLENCE (AVP) ASIA-WEST PACIFIC REGIONAL GATHERING IN PERTH

Nine of us travelled on from Yearly Meeting 2012 to Guildford Grammar School, to participate in the Asia West-Pacific Gathering of AVP.

There we joined a number of others, including four from overseas (Singapore, Aotearoa/New Zealand, USA and Indonesia) for a memorable, well-organised and very fruitful Gathering, brought together by AVP-WA.

A number of AVP-ers from Perth were there, including several young Muslim women, who had recently completed the AVP program and were using it in their professional lives, and were keen for further AVP experience. Others of us came from Darwin (3), Victoria (3), Tasmania (1), Queensland (2), and NSW (5). Over the week some 55 facilitators attended.

The program itself covered six days and we were encouraged to offer workshops on subjects, which we wanted to share. Sessions included Aboriginal AVP, AVP youth, What is AVP?, Starting an AVP group, Sharing AVP collective wisdom, AVP and the journal process, My Transforming Power Story, Refugee facilitation, Taster Workshop and Role Play Workshop, Trauma Healing and Developmental Play. There were at least two options for each session.

One of the choices was a whole day's workshop on the topic of "Shame", facilitated by NSW AVP, and another a two-and-a half day workshop on "Trauma and Healing" facilitated by Nadine Hoover who has used the subject of this workshop in Aceh, Indonesia, with marked results.



Each session used the AVP process of a set agenda, including 'light and livelies' or 'lifts'. We learned new exercises, shared experiences and insights and discovered new ways of enriching our AVP workshops. We connected or re-connected with each other through these workshops and in conversation.

There were also meetings about AVP Australia, AVP Asia West Pacific Region, AVP International and Friends Peace Team for Asia West Pacific. Many of our number went to the Acacia Prison where the inmate facilitators had developed a program to share, and this was a real highlight of the Gathering. Inmate facilitators were delighted to welcome people from so far afield and talked to them about the way in which AVP had developed there. The prison authorities added their welcome and appreciation of the difference AVP makes in the prison culture.

The next AVP Australia National Gathering will be held at Silver Wattle in January 2013.

Bev (VIC)

