

AVP WA NEWSLETTER JULY 2026

Upcoming Workshops

July 27 – 29: Wooroloo Prison Farm: Advanced
August 1 – 3: Acacia Protection Advanced
August 11 – 13: Karnet Prison Farm Advanced
August 17 – 19: Wooroloo Prison Farm: T4F
August 22 – 24: Acacia Mainstream Basic
September 1 – 3: Karnet Prison Farm T4F
September 8 – 10: Bunbury PRU Advanced
September 15 – 17: Bunbury Regional Prison Advanced
September 19 – 21: Acacia Mainstream Basic
September 5, 12, 19 and 26: Community Basic (details below)

Facilitator Day – Saturday 15th August

35 Clifton Crescent, Mount Lawley

Meet for morning tea at 10.00am

Session starts at 10.30am, with a break for lunch (provided) and we will finish at 2.30pm.

We will be considering some of the fundamentals of AVP.

This is also an opportunity to meet the committee and new facilitators.

RSVP avp.wa1@gmail.com by 12th August so we can make sure we have enough food for all.

WELCOME NEW FACILITATORS

GREAT NEWS!

Last month, 7 participants graduated after completing the Training for Facilitators (T4F).

Congratulations Sam, William, Sharon, Ellen, John, Oliver and Felisha.

This is a welcome infusion of energy into our group and we very much look forward to working with them.



PEACEFUL PATHWAYS TO CONFLICT RESOLUTION WORKSHOP (Mt Lawley)

5th, 12th, 19th and 26th Sept - 9.00am to 1.00pm each day



We are delighted to announce an exciting new format for community workshops with our next Introductory (Basic) Peaceful Pathways to Conflict Resolution workshop in September.

With National Youth Volunteer Week looming, what better time to encourage young adults to become involved in this transformative programme.

Everyone over the age of 16 is welcome to join this workshop, so please spread the word.

Email Selene at avp.wa1@gmail.com for more details.

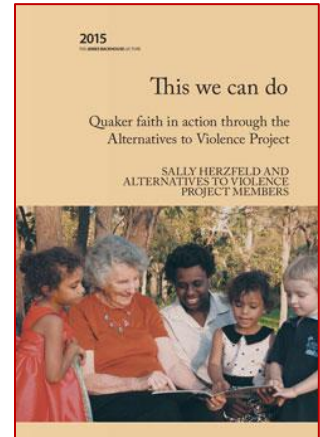
Backhouse Lecture of AVP around the world

Sally Herzfeld

I would like to invite anyone who wants to come and join Quakers on the 23rd August about 11.15am when I present my Backhouse lecture of AVP around the world. You could even join us at 10am for our usual Quaker meeting if you like.

Our AVP room is in the Quaker Meeting House - 35 Clifton Cres, Mt Lawley.

(Editor's note: I was privileged to attend Sally's presentation of the Backhouse Lecture to an audience of over 200 people at the AVP National Gathering / Quaker Yearly Meeting in January 2015. In true AVP style, Sally included skits and testimonials by other AVP facilitators, and some willing children in her presentation.)



Sally delivering her lecture



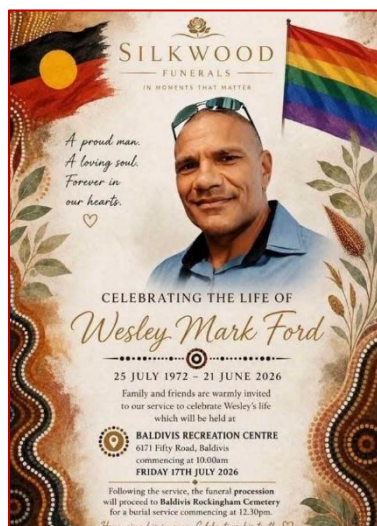
AVP facilitators from around Australia



Sally with her tech man (her son John) after the lecture



3 youngsters demonstrate alternative ways to resolve conflict



Wes Ford

We were saddened to hear of the passing of our long-time fellow facilitator, Wes Ford.

Our condolences to his family.

RIP Wes

World Environment Day

Sunshine Sue

Last month was World Environment month. It spans all of June, with World Environment Day being celebrated on 5th June. Countries, communities and organisations marked the occasion with planting days, workshops, beach clean-ups, excursions and many, many other activities that inspired people from all walks of life to come together to ensure a cleaner, greener and brighter outlook for themselves and future generations. So, what does this have to do with Alternatives to Violence?

Although we may often feel powerless when it comes to global conflicts, we still need to use our voices to drive change and promote peace.

According to the United Nations, “warfare disrupts the delicate balance of nature in many ways. Environmental damage brings devastating consequences for natural resources, critical ecosystems, and people’s health, livelihoods and security. When forests are cleared for military purposes, fertile lands and vital water resources can become contaminated. Militaries often clear vegetation or otherwise disrupt ecosystems to remove cover for enemy combatants or make areas uninhabitable and force local populations to leave, with major impacts on nature”. This damage can be long term.

Even though the Vietnam War ended in 1975, it left behind a landscape scarred with environmental damage. Vast stretches of coastal mangroves, once housing rich stocks of fish and birds, were destroyed. Forests that had boasted hundreds of species were reduced to dried-out fragments, overgrown with invasive grasses. Fifty years later, Vietnam’s degraded ecosystems and dioxin-contaminated soils and waters still exist. Efforts to restore these damaged landscapes and even to assess the long-term harm have been limited (1).

Research has shown that climate change, and destruction of human and animal habitats, also leads to an increase in violence. One study, a UN Brief titled Colliding Crises: How the climate crisis fuels gender-based violence (2) explains that extreme weather, displacement, food insecurity, and economic instability are key factors increasing the prevalence and severity of gender-based violence. Every 1°C rise in global temperature is associated with a 4.7 per cent increase in intimate partner violence (IPV), the study cites. In a 2°C warming scenario, 40 million more women and girls are likely to experience IPV each year by 2090. In a 3.5°C scenario, that number more than doubles.

Earth provides enough to satisfy every man’s needs, but not every man’s greed. — Mahatma Gandhi

1. The Conversation, 28 April 2025
2. Colliding Crises: How the climate crisis fuels gender-based violence, April 2025



Editor’s personal note: The consumption of farmed animals is another huge contributor to land degradation and depletion of resources, not to mention the trauma to billions of fellow creatures.

I realised a few years ago that it felt hypocritical to facilitate non-violence workshops whilst supporting the slaughter and psychological harm of innocent animals.

This prompted me to become vegan, and I encourage you to consider your consumption choices for the health of our planet, our fellow beings and your own health and wellbeing.

AVP and Power – a brief summary of a recent article by John A. Shuford

AVP succeeds because it empowers people through the development of **Transforming Power (TP)** - an inner capacity that enables individuals to respond to conflict with respect, compassion and nonviolence rather than fear, domination or aggression.

John Shuford draws on Dr. William Glasser's theory that all people have four basic psychological needs: **connection, meaning, power and fun**. AVP addresses each of these needs by creating safe, supportive communities where participants experience acceptance, belonging and personal growth. Rather than relying on authority or control, AVP helps people discover healthy forms of personal power.

A central theme is the distinction between four forms of power:

- **Power Over** – controlling or dominating others.
- **Power in Opposition** – resisting domination through conflict.
- **Power With** – working cooperatively, which may be used positively or negatively.
- **Power Within (Transforming Power)** – an inner strength that promotes self-awareness, empathy and constructive action.

John argues that lasting personal transformation occurs only through **Power Within**, which enables people to make voluntary, internally motivated changes rather than merely complying with external authority.

Transforming Power is considered from **three complementary perspectives**:

- **Spiritual** – connecting with God, Spirit or an inner goodness shared by all people.
- **Interpersonal** – experiencing genuine community based on trust, respect and caring.
- **Psychological** – developing healthier patterns of thinking, emotional regulation and relationships.

All describe the same transformative process of moving from fear and isolation to connection and hope.

Recognising that many incarcerated people have experienced trauma, abuse and disrupted relationships, John suggests that AVP provides corrective experiences of safety, trust and belonging. These experiences help participants build empathy, improve self-esteem and develop healthier ways of responding to conflict. While AVP is not presented as a replacement for therapy, it is described as reducing the impact of trauma by reinforcing positive relationships and creating new, healthier patterns of thinking and behaviour.

John contrasts AVP with compliance-based rehabilitation programs that depend on rules, pressure or institutional control. He argues that while such programs may produce short-term behavioural compliance, AVP encourages **internal commitment** and lasting attitude change because participants freely choose their own transformation within a caring community.

The article concludes that **Transforming Power is the defining characteristic of AVP**. Whether understood spiritually, psychologically or socially, it enables individuals to discover their intrinsic worth, build authentic relationships and choose nonviolent responses to conflict. This approach not only transforms individuals but also contributes to safer, healthier communities by supporting successful reintegration after imprisonment.



*Please consider donating your empty cans, bottles and cartons to help with the day-to-day running costs of AVP WA. Use the number **C11782188**, or scan this barcode at any depot.*

You can also donate directly to our bank account.

Donations are tax deductible. Contact our treasurer Collette for a receipt. collette.chesters@gmail.com

WA Alternatives to Violence Project BSB 036-009 Account number: 177368

All donations will be very gratefully accepted.

Editor's note

An AVP WA newsletter is published monthly. If you have any news, photos, inmate contributions or new things you've tried in workshops, please send them to our newsletter editor Selene.

selenemoonbeams@gmail.com

Need more information?

For details of upcoming workshops or facilitator days, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact our Coordinator Selene.

avp.wa1@gmail.com