

What are AVP Workshops?

The **Alternatives to Violence Project (AVP)** began in 1975. An inmate group at Green Haven Prison in New York was working with youth gangs and teenagers at risk. They were having difficulty communicating their message about the consequences of violence, so they asked local Quakers to conduct a workshop on alternatives.

The workshop was so successful that more requests were received. It soon became evident that this program, designed with prison inmates, could be useful to individuals both in and outside of correctional settings. Thus AVP was born and continues to grow.

Currently hundreds of AVP programs and workshops are conducted for the general public and within the prison systems. The program has now spread to 41 other states and 14 countries. AVP workshops are an intensive learning experience on three levels: the **Basic**, the **Advanced** and the **Training for Trainers** workshops.

Information about the AVP BASIC WORKSHOP

The Basic AVP workshop focuses on primary conflict resolution skills. Experiences and exercises focus on:

Affirmation - Building self-esteem and trust.

Communication - Improving both listening skills and assertive methods of expression.

Cooperation - Developing cooperative attitudes that transform competitive conflictual situations.

Creative Conflict Resolution - Getting in touch with the inner *Transforming Power* to resolve violence.

By role playing, participants explore new and creative ways to respond to conflict situations.



*AVP is a program of an independent non-profit
organization staffed by volunteers.
It receives no money from correctional systems.*

Information about the AVP ADVANCED WORKSHOP

Through consensus, participants choose a theme to focus on for the weekend.

Examples of Advanced Workshop themes include: family dynamics, intimate personal relationship, and stereotyping: sexism, homophobia, etc...

Participants may also choose to explore further causes of violence such as:

Fear - Revealing the hidden fears that usually underlie anger, jealousy and prejudice.

Anger - Resulting in a deeper understanding of the personal situations that trigger anger.

Power and Powerlessness - Helping individuals understand power structures and get in touch with their inner power.

Forgiveness - Building the groundwork for true reconciliation and freedom from guilt.

How does one become a TRAINER?

One begins by participating in the **Basic and Advanced AVP Workshops**. Those interested in becoming a facilitator, take the Training for Trainers Workshop. This workshop focuses on developing team leadership methods and group process skills. It also provides an opportunity to practice planning and presenting an AVP workshop. Some individuals participate in this workshop to develop their facilitation skills for their work and/or other community interests.

Upon completion of the Training for Trainers workshop, apprentice facilitators work with more experienced facilitators to present workshops until they feel familiar and comfortable with the training materials.

As a facilitator you can help meet the demand for these challenging, growth-producing and fun workshops in the community and in prisons. AVP is specifically committed to providing workshops, in the Twin Cities, and the **Faribault Correctional Facility**. With more interested facilitators, AVP will expand its program to other correctional facilities.