

ABOUT AVP WORKSHOPS

Workshops are open to whoever wishes to attend - the only requirement is that the participant attends voluntarily. Fees are modest and scholarships are available.

Each of the three levels of AVP workshops runs 18-21 hours and is facilitated by a team of volunteers. Common workshop configurations are a three-day block or a series of two-day chunks. Mini-workshops for demonstration purposes are also available.

WORKSHOP LEVELS

Level One: Basic Workshop

Every Basic Workshop involves:

- Establishing a base of self-esteem, affirmation, trust and cooperation.
- Exploring methods of communication.
- Learning about creative ways of resolving conflicts.

Each workshop is unique because the individuals who attend have different personalities and experiences. AVP workshops seek to assist individuals in personal growth and change. AVP is not psychotherapy.

Level Two: Advanced Workshop

After you have attended a Level One workshop, you might be interested in taking part in this more advanced level.

Advanced Workshops focus on:

- The underlying causes of conflict such as fear, anger, stereotyping, power and powerlessness, and “old history” and behavior.
- Taking a deeper look at ways of resolving conflicts, including communication and forgiveness.
- Experiencing consensus as a decision-making process.

Usually the participants choose the focus of the work.

How to become a facilitator

- Begin by participating in the Basic and Advanced AVP Workshops
- If you find you would like to become a volunteer facilitator of the AVP process, take the Training-for-Facilitators/Trainers (T4T) Workshop. This workshop is designed for those who expect to be active in community and/or prison workshops.
 - A T4T teaches the skills needed to help run workshops:
 - Group process skills
 - Working as a cooperative team
 - Hands-on experience
 - Specific AVP methods: Agenda Building, Exercises, Transforming Power, Light and Livelies, Role Plays.
- As a last step in the training, you will apprentice with one or more facilitation teams in workshops and work with a local group to develop your skills and confidence until you are a full-fledged facilitator.

To find a workshop near you:

AVP California

805/886-9773

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