

Cayuga Prison

AVP Special topic Advanced Workshop on Forgiveness

Session 1. Welcome and community building

Welcome

Team intro

Opening talk

How the advanced is different

How AVP works

Schedule, attendance

Buzz word

Housekeeping—breaks, smoking

Clinicking, Unanswered questions

Agenda preview

Gathering: My adjective name and something I've used or thought about from the basic workshop is...

Ground rules

Ex: Adjective name game with gesture

L&L: Big Wind Blows

Break

Ex: (community building)

L&L:

Session 2. Awareness of the need for forgiveness

Agenda preview

Gathering: Something I want to get out of this workshop is...

Ex: Concentric Circles:

1. A time I needed someone to take care of me.
2. A time I took care of someone else.
3. A time I felt hurt by someone I trusted.
4. A time from my childhood when I felt forgiven.
5. Something I have a hard time forgiving myself or others for.
6. Something I have been able to let go of, something I for which I have forgiven myself or someone else.

L&L:

Evaluation Sessions 1+2

Closing: Texas hug

Session 3. Awareness of Forgiveness

Agenda preview

Gathering: What forgiveness means to me is...

Ex: Addiction to Grudges

L&L:

Break

Team Forgiveness talk (p. F-12, 13)

Ex: Injunctions of childhood

Grounding: Five, Four, Three

L&L:

Session 4. Practicing Forgiveness Part One

Agenda preview

Gathering:

Ex: Forgiveness quadrants

L&L:

Break

Ex: From another point of view

Guided meditation on forgiveness

Evaluation Sessions 3 + 4

Closing:

Session 5. Practicing Forgiveness Part Two

Agenda preview

Gathering: Something I do to help myself let go of past hurts is...

Intro to role plays

Role Play 1

Role Play 2

Role Play 3

Break

L&L:

Ex: Anatomy of an apology

L&L:

Ex: Appreciation

Session 6. Closure

Agenda preview

Gathering: Something I will take away from this workshop is...

Ex: Magic carpet

L&L:

Guided meditation

Break

Trust:

Graduation

Where do we go from here?

Evaluation Sessions 5+6

Closing: