

Brilliance Inside

Healing society's cycle of violence

Nonviolent Communication at Donovan Correctional June - Sept 2019

[Sunaina](#) is facilitating a 15-week Nonviolent Communication program at Donovan State Correctional Facility. Volunteers are welcome! Contact Sunaina at sunaina.chugani@gmail.com if interested. :)

Each weekly two-hour gathering will be with 3-5 outside volunteers and 20-25 men from inside Donovan. We will share as a group and participate in activities to learn about how all behavior can be seen as meeting underlying needs, and how that consciousness can help us speak and connect compassionately.

Essential Information for Volunteers

Interested volunteers should connect with Sunaina and submit a [clearance application](#). This application has to be approved before you can come inside, and it takes about seven weeks to process.

Once cleared, make sure you have carefully read everything [on this document](#) before your first visit. There is a strict dress code, behavioral guidelines, and restrictions on what you can bring inside. Please ask Sunaina if you have any questions about anything on this document.

Schedule

For those not carpooling, we will meet at the staff entrance of the Alpha Yard of [Donovan Correctional Facility](#) at 5:55pm. We will enter the facility together at 6pm and then begin the program at 6:30pm. The program will end at 8:30pm and you will be back at your car at about 8:45pm.

Date	Day	Facilitator	Topic Covered (Tentative)	Assignment (Tentative)
Mon, Jun 17	Day 1	Sunaina	Needs	Choose a need to focus on for the week
Mon, Jun 24	Day 2	Sunaina	Compassion for Our Needs	Practice seeing the needs in others around you.
Mon, Jul 1	Day 3	Sunaina	Gentleness and Strength	Chapter 1 (Giving from the Heart) + Do self-compassion exercise a few times throughout the week
Mon, Jul 8	Day 4	Mariette	Listening	Chapter 4 (Identifying and Expressing Feelings) + Try listening to someone this week, at the needs that they might be expressing underneath the surface.
Mon, Jul 15	Day 5	Sunaina	Feelings	Chapter 5 (Taking Responsibility for Our Feelings) + Notice feelings that come up and needs that accompany them.
Mon, Jul 22	Day 6	Sunaina	Taking Responsibility for our Feelings	-
Mon, Jul 29	Day 7	Samantha	Love	Chapter 9 (Connecting Compassionately with Ourselves)
Mon, Aug 5	Day 8	Sunaina	Self-Empathy	Chapter 2 (Communication that Blocks Compassion) + Chapter 3 (Observing Without Evaluating)
Mon, Aug 12	Day 9	Sunaina	Self-Empathy and Empathy for Others Introduction	Chapter 7 (Receiving Empathically) + Self-Empathy Exercise, Mourning and Forgiveness
Mon, Aug 19	Day 10	Mariette	Diffusing Tension	Chapter 8 (The Power of Empathy) + Self-Empathy Exercise, Mourning and Forgiveness
Mon, Aug 26	Day 11	Sunaina	Empathy for Others	T- Exercise

Mon, Sept 2	Day 12	Samantha	Empathy for Others	Chapter 10 (Expressing Anger Fully) and Chapter 13 (Liberating Ourselves and Counseling Others)
Mon, Sept 9	Day 13	Sunaina	Empathy in Times of Conflict (Hearing "please") + T-Exercise + Closing Circle (Last Official Day)	Chapter 14 (Expressing Appreciation in Nonviolent Communication) + T-Exercise
Mon, Sept 16	Day 14	Sunaina	Open Space / Discussion	-
Mon, Sept 23	Day 15	Sunaina	Open Space / Discussion	-
Mon, Sept 30	Day 16	Sunaina	Open Space / Discussion	-