

AVP USA Adaptations Directory Listing Request Form

Thank you for taking the time to complete this form requesting a listing in the AVP USA Adaptations Directory.

There are three basic requirements for something to be recognized and listed as an Adaptation:

- (1) Developed by an AVP trained facilitator.
- (2) Delivered outside of a recognized AVP local group or program.
- (3) Recognizable as derived from AVP; similar transformational elements as AVP core workshops.

To learn more about Adaptations, visit the website: <https://avpusa.org/adaptations/>

To get started, provide your email address. We will not share it without your permission.

Email address *

kcking99@gmail.com

How we protect your email address

We take your privacy and information security seriously. We will use your email address only to contact you with questions about the Adaptation you are listing.

If your Adaptation is listed in the Directory, we will share your website or Facebook / Social Media page with the public. Your email address will NOT be posted on the AVP USA website (to avoid unwanted Internet traffic to your email). If you do not have a website or Facebook page, the AVP USA Adaptations Committee will forward requests for information about your Adaptation directly to you so that you can choose how to respond.

Your name (main contact) *

Kevin King, Anne Wallace-DiGarbo

Your location (city and state or country if outside the U.S.) *

Houston, TX; Lititz, PA; and other locales in USA

Title of the Adaptation *

Embodied Transforming Power

Name, location, and any affiliation of the AVP-trained facilitator/s that designed and developed the Adaptation, if different than main contact. *

Bill Leicht; Anchramdale, NY; AVP NY; Chris Campbell, Nashua, NH

Name and location of the group or organization that hosts or sponsors the Adaptation, if any..

Embodied Transforming Power (ETP) is team of AVP facilitators that is geographically distributed in the USA. ETP is recognized by AVP NY.

Briefly describe the goal of the Adaptation or why it was developed. Please limit to 250 words (two paragraphs or less). *

Embodied Transforming Power uses somatic activities to bring awareness to participants of their access to transforming power. We will start with five aiki practices called Embodied Peacemaking. These skills are outlined in the Embodied Peacemaking handout by Paul Linden, PhD, Aikido 6th degree black belt. We practice these activities, offer challenges to allow further practice, and evaluate how the activities work for us. Though somatic learning is physical activity, exercises are adapted for all ability levels. Through body-sensation awareness and focus we are in touch with feeling-reactions. Debriefing changes "what did you feel?" to "what did you do in your body?" With practice of Embodied Peacemaking, one will have agency for actions in the body, reduce reactive fight/flight/freeze/drop responses, and have more choices for resolving challenges peacefully—hence embodied transforming power.

Briefly describe the Adaptation's intended audience, group, or population.

Any person open to learning somatic peacemaking

Who else could benefit from this Adaptation? (Check those that apply.) *

- BIPOC (Black, Indigenous, People of Color)
- business or corporate leaders and staff
- children in foster care
- community organizers and advocates
- domestic partners and couples
- elders or seniors
- foster care parents or providers
- gang or street violence survivors
- health and human service workers
- homeless
- immigrants and bi-cultural workers
- incarcerated individuals
- institutionalized individuals
- law enforcement, corrections officers, and criminal justice staff
- LGBTQ+ (lesbian, gay, bisexual, transgender, transsexual, queer, questioning, intersex, asexual, ally, pansexual)
- non-profit organizational leaders and staff / volunteers
- parents and grandparents
- peace and justice activists
- peer supporters (mental health or substance use recovery)
- people with mental health challenges
- people with substance use challenges
- returning citizens (formerly incarcerated individuals)
- social workers, case managers, psychiatrists, therapists or counselors
- teachers or school administration and staff
- trauma, abuse, and violence survivors

trauma, abuse, and violence survivors

veterans or active military

white people and allies

youth

This Adaptation could apply to anyone anywhere

Other:

Briefly describe how the Adaptation has made a difference for those individuals or groups you have indicated above.

Participants have report access to Transforming Power through awareness of what they are doing in their body and more agency developed after a short, connecting practice.
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What aspects of AVP are included in the Adaptation? (Check all that apply) *

- Transforming Power
- Team Facilitation
- Building Blocks (affirmation, communication, conflict management, cooperation, and collaboration)
- Clinic
- Collaborative (Team) Agenda Development
- Opening Talk
- Community (Cooperative) Agreement
- Agenda Preview
- Gathering
- Exercise and debrief
- Light and Lively
- Role play and debrief
- Evaluation
- Closing
- Large group
- Small groups
- Concentric circles
- Dyad or pair share
- Facilitator Debrief
- Other:

What topics from the AVP Basic and Advanced Manuals are addressed in the Adaptation?
(Check all that apply) *

- Affirmation
- Community Building
- Communication
- Cooperation and Collaboration
- Conflict Management
- Anger
- Power
- Forgiveness
- Fear
- Relationships
- Stereotyping
- Transforming Power
- Resolving Conflicts
- Empathy
- Planning for the Future
- Self-Esteem

List other topics (such as Trauma) that are addressed in the Adaptation.

Agency, somatics, feelings as actions in the body in response to a stimulus or trigger, calming oneself.

Is the Adaptation currently available as a virtual program (online, video conference, or any format other than in-person)?

- Yes
- No
- Maybe in the future
- Other:

If not covered in the selections above, describe specific ways in which the Adaptation differs from a core AVP workshop.

Embodied TP follows the same progression of an AVP Basic, Advanced, or Tff workshop, with the exception that the focus is on somatic entry to Transforming Power.
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Is there anything else you would like to share?

Another co-creator of Embodied Transforming Power is Paul Linden, PhD. He is not an AVP-trained facilitator.

The Embodied Transforming Power facilitators are spread geographically across the US East Coast, US Midwest, US Southwest. The request form answer showing Kevin King is from Houston is not representative of where workshops are held. Workshops were held in 2018 in Richmond, IN & Westchester, NY; 2019 in Oakland CA. A 3-hour min Embodied TP was presented in 2020 at the virtual national AVP USA gathering as a breakout session. Kevin King is the clerk for the Embodied Transforming Power practice group. The form asking where he is from implying a location for workshops cannot be assumed.
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Website address for the Adaptation

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Facebook page for the Adaptation

Other social media for the Adaptation

NA

Thank you

AVP USA Adaptations Committee will review your request to list the Adaptation if there are questions or to learn more. The committee will be in touch with you when your program is listed in the Directory on the AVP USA Adaptations website.

Questions? Contact us at adaptations@avpusa.org.

Thank you.

AVP USA Adaptations Co-Clerks, Noelle Pollet and Rita Cronise.

This form was created inside of Alternatives to Violence Project, Inc..

Google Forms