

## ***What happens at an AVP workshop?***

An AVP workshop is not a lecture and is not like being at school. The people who lead the workshop (facilitators) will do some talking to you as a group – but *you* will also be asked to talk in pairs, small groups and in the large group at times, and take part in group activities and exercises. This can be a bit scary if you haven't done it before – but feeling nervous about this is a normal and common feeling. An AVP workshop *is not* some kind of 'therapy' or one to one counselling. We ask you not to use alcohol or other recreational drugs during the workshop or in the breaks.

## ***Do I have to take part in everything?***

You should come expecting to take part in all sections of the workshop. An AVP workshop is a chance to try something different and perhaps take a few risks.

Remember that the more you take part – the more you get out of it.

## ***What sort of people come to the workshops?***

Women and men...young people (18 and over) and older people... people from lots of different backgrounds and experiences...basically, a real mix!

## ***Why do people come to the workshop?***

Some people come because they find it hard to control their temper. Others come because someone has been violent towards them. Some people are worried about the way they hold grudges against other people or because they keep getting into arguments. Some come because the type of work they do involves dealing with conflict as part of their job.

Everyone comes because they want to change how they deal with the conflicts in their day – to –day lives.

## ***What do you mean by 'conflict'?***

We mean the times when you don't agree with someone or when you get annoyed or upset because you're not getting what you want or things are not going the way you want them to. We are not thinking of big conflicts like wars. AVP believes that conflict is a part of every day life, so learning how to handle it better is important.

## ***Is an AVP workshop the same as anger management?***

Not really because AVP tries to look at the deeper causes of conflict and how we have learned to deal with it in our lives. AVP works on changing the way we think about ourselves and other people so that change happens at a deep level. Most importantly, some practical ways of handling difficult situations are taught and practised during the workshop.

## ***It sounds like hard work...***

...It is! But it can also be a good laugh and you get plenty of breaks.

## ***OK... but what if I find it really difficult or uncomfortable?***

When you are trying to look at difficult emotional issues, it can be hard to keep at it – and you won't be alone with these feelings. Also, most people find being in a group of strangers a bit uncomfortable at first. If you feel like this, have a chat with one of the facilitators in the break. They will be able to offer you some help and encouragement.

## ***Right...I think I'd like to come but I still have some unanswered questions.***

If you need to talk it through some more, get in touch with the project co-ordinator who will be happy to discuss it further. Contact details are on the back of this leaflet.

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## **The Alternatives to Violence Project**

## ***What happens on an AVP Workshop?***

***...some of your questions answered***