

Which parts of the learning course did you find less helpful, and why?

None as I think they all have helped.
Made me think more.

What would you change about the learning course to make it better?

Probably go a bit more in depth, but more personal.
Aswell as a bit more work.

Is there anything you think is missing from the learning course? If so what?

Im using the ABC model, from smart recovery alot
so other options on how to avoid conflict, or think
about why your feeling that way.
About your beliefs etc.

How easy did you find the course to complete? If you found it difficult, what was difficult? (eg. the amount of reading, the instructions, writing, motivation etc).

I found it ok as I believe im at that stage in my
life that I seriously want to change, so Ive took
it seriously and have been honest. I dont want to
do another 20 years in prison, coz I cant control
myself. Ive really enjoyed and looked forward to
doing the work. Thank you.

We might like to use comments you make on this form to help us with our publicity and fundraising work. We would never use your name. Please put a cross in the box if you **do not** want us to use your comments in this way.

Which parts of the learning course did you find less helpful, and why?

LISTING DIFFERENT LEVELS OF ANGER ON THE ASCENDING SCALE. ~~MINIMISING~~ I FOUND IT TO BE AN OVER SIMPLIFICATION AND A LITTLE CHILDISH.

What would you change about the learning course to make it better?

I WOULD SUGGEST THAT THE PERSON DOING THE COURSE HAS THE OPPORTUNITY TO IDENTIFY MORE OF THOSE SITUATIONS THAT HE MOST COMMONLY FEELS LEAD HIM/HER TO VIOLENCE SO THAT THEY CAN PRACTISE SPECIFIC TECHNIQUES FOR ~~THOSE~~ PARTICULAR SCENARIOS.

Is there anything you think is missing from the learning course? If so what?

MORE ON LETTING GO OF THE PAST AND LIVING IN THE PRESENT.

How easy did you find the course to complete? If you found it difficult, what was difficult? (eg. the amount of reading, the instructions, writing, motivation etc).

THE COURSE IN ITSELF WAS SIMPLE. HOWEVER, REVISITING PAST EVENTS WHEREIN YOU LET YOURSELF DOWN WAS DIFFICULT. IT IS ALSO HARDER, BUT ALSO FAR MORE REWARDING, TO BE COMPLETELY HONEST IN THE TASKS, TAKING TIME TO CAREFULLY IDENTIFY SUITABLE SITUATIONS.

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GILL: PLEASE SCAN & SAVE

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HMP GARZIH, ULNES
WALTON, LEYLAND
PRESTON

FAO Mr Robert Ordman PR 26 & NE
CO-ordinator, facing up 30/05/2018
to conflict programme.

28 Charles Street/Square
London. N1 6HT

Dear Robert,

Thank you for the A.V.P. pack
you have forwarded to me over 6 week period.
I have now completed the course and enclosed
all the paperwork ie course work.

However during the prison transfer from HMP LONG-
LARTON to this new establishment alot of my
legal documents and other property gone missing,
and unfortunately in this the course work for
week 4 listening and speaking up had gone missing.
Having said that, I had it completed and the
envelope gone missing during the transfer.

I like to thank you all - whoever is part A.V.P. project,
you're making difference to peoples lives and deserve
recognition and national awards for this - because
you making a huge contribution and difference to
the society.

Thank you ever so much once again

Ag Gill

I Found this hard as Dont like to open up about my feeling but this has helped me open up to talk to other About my feeling and helped me listen to other before I speak and understand them and Here point of veiw So like to say thank to This course.

From

June 14