

OUR CIRCLE



Center for Restorative Justice
at Suffolk University

JULY 22

Property of the
Center for Restorative Justice
TRAUMA AND HEALING - CYCLES OF HARM AND HEALING
LEARNING FROM INCARCERATED CITIZENS
at Suffolk University



Center *for* Restorative Justice



Property of the
Center for Restorative Justice
at Suffolk University

LEARNING FROM INCARCERATED PEOPLE

Chief of Victim Witness Assistance and
Director of Restorative Justice Practices for the
Suffolk County DA

AND

Incarcerated Citizens and Restorative Justice
in the Norfolk County Prison



AGENDA – JULY 22nd, 2023

9 AM – 11AM

- Opening
- Check-in
- Trauma and Healing
- Cycles of Harm and Healing

LUNCH BREAK

1PM – 4PM

- The Prison Within
- Checkout
- Closing

Property of the
Center for Restorative Justice
at Suffolk University

OPENING

Property of the
Center for Restorative Justice
at Suffolk University

VALUES

Resiliency Strength Respect Humility Wonder Awe

Change Curiosity Communication

Openness of possibility Importance of our Roots

Appreciation for gifts that brighten our lives and our new days

Everything is connected / beauty in reciprocity Dignity

Everything has value Being present Beauty in lived experience

Humor Connection Appreciation

Listening for subtleties Inherent worthiness

We are all part of the earth - we send and receive energy

Gratitude Appreciation of stillness Community

Power of connecting to nature Respect Generosity

Be patient and be mindful Healing presence of nature Power in growth

Beauty where you find it Open Mindedness Patience

Property of the
Center for Restorative Justice
at Suffolk University

Our Guidelines: What do you need from yourself and others in our circle in order to fully participate?

- Honor the talking piece to speak, and listen
- Power to pass, respect silence as a voice
- Speak and listen from the heart
- Be You
- Express as much vulnerability as you want to offer
- Take the lesson / Leave the story and details
- Give Grace to self and others in our learning process and taking care of needs
- Allow time to process, allow a moment before a round starts
- Courage
- Willingness to be vulnerable
- Curiosity
- Be present
- Patience with self and others
- Come open to learn
- Take care of self in balance with taking care of the circle
- Good Humor/ Good Faith
- Reserve judgement
- Freedom to think out loud without judgement
- Be aware of defenses to staying open
- Be open to the need for questions/clarification
- Trust you know what you are saying
- Be mindful of Mind, Body, Soul and Emotions
- Trust each other and Trust the circle
- Be aware and work toward more awareness of biases
- Separate individuals from the systems they work for
- Honesty and acceptance of honesty
- Come open to learn and unlearn
- Openness to be called in to these guidelines and to understanding each others' interpretation of them
- We bring issues to the group to collectively resolve
- Space to reach out to the keepers/facilitators directly about issues

CHECK-IN

What is a hope for today?

Property of the
Center for Restorative Justice
at Suffolk University



WHAT HELPS PEOPLE AND COMMUNITIES BREAK FREE?

Breaking Free - Cycles of violence can be repeated many times, but they can also be broken and transformed.

- Safety: physical, emotional, and spiritual
- Supportive and trusting relationships
- Positive Leadership
- Choice

REFLECTION CIRCLE

Where did shame come from in Hollow Water?

What did it do?

What was the role of vulnerability?

Property of the
Center for Restorative Justice
at Suffolk University

A black chair is positioned on a highly reflective surface, creating a clear reflection of the chair below it. The background is a soft, blue-toned sky with light clouds.

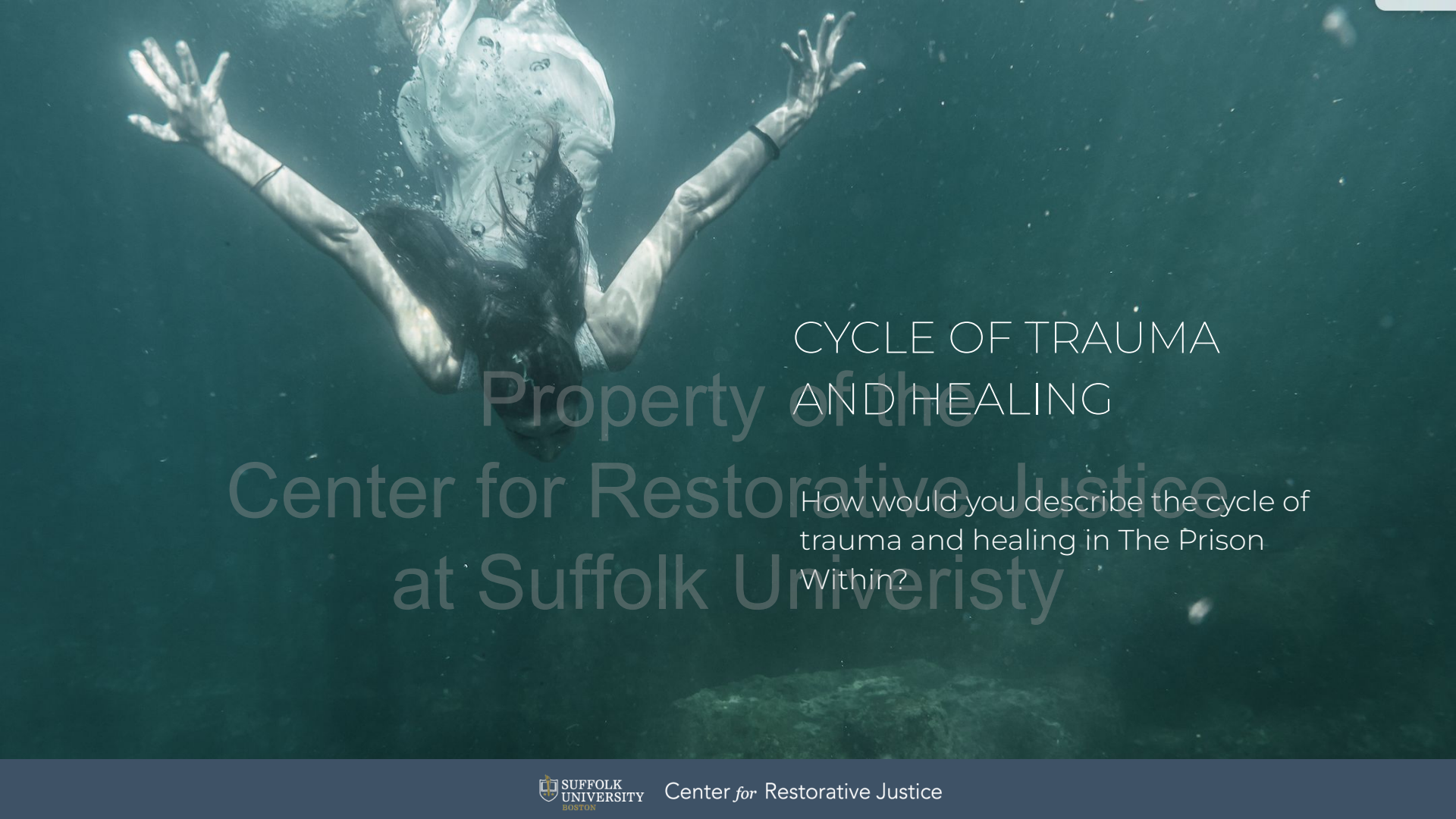
LUNCH BREAK

From 11 PM - 1 PM





Property of the
Center for Restorative Justice
at Suffolk University



CYCLE OF TRAUMA
AND HEALING

Property of the
Center for Restorative Justice
at Suffolk University

How would you describe the cycle of
trauma and healing in The Prison
Within?

CHECK-OUT

Share one new thought after learning from watching the Prison Within



HOMEWORK

DUE NEXT CLASS:

- For Monday, July 24th
 - Watch: Brene Brown – TED Talk: Daring Classrooms [LINK](#) in syllabus
 - Video of Conferencing - [LINK](#) in syllabus
- Opening and Closing on Day 7 Monday, July 24th: **Devon, Tana**
- JOURNALING: See next slide

REMAINING OPEN/CLOSE, VALUES/GUIDELINES TEAMS

DAY 7: Monday, July 24th: **Devon, Tana**

DAY 8: Tuesday, July 25th : **Osiris, Natasha**

DAY 9: Wednesday, July 26th: **Maura, Lori**

[Google Doc for Sharing of Opening and Closing Resources](#)

HOMWORK JOURNAL QUESTIONS

Give yourself time to reflect and journal on your Learning from incarcerated people “Hurt people hurt people. Healing people heat people”

Please relate your thoughts to what you learned today about Hollow Waters, and, The Prison Within as well as the readings (Until We Reckon and Returning to the Teachings)

at Suffolk Univeristy

ANGIE DORNAI

THE MAGIC OF AFFECT: These are the
unseen threads that connect us all

Property of the
Center for Restorative Justice
at Suffolk University





Property of the
Center for Restorative Justice
at Suffolk University

DNISOT

LEARNING FROM INCARCERATED PEOPLE

Chief of Victim Witness Assistance and
Director of Restorative Justice Practices for
the Suffolk County DA
AND
Incarcerated Citizens and Restorative Justice
in the Norfolk County Prison

