Standing on Solid Ground

Cultivating Emotional Balance in the Lives of WA Prisons
The Program

- Career and Employment Services
- Personal Development 1
- Voluntary
- Strengths Approach
- Targets Skills
- Positive Self Regard
- Rolling it out
“We’ve all Got it We just need to Get it”

• What do prisoners already have?
• What do they need to get?
Emotional Balance

- Awareness
- Stepping Back
- Stepping Up
- Stepping Out
The Practice

• The Workbook
• Skilful Choices
• Mindfulness
• Keeping Conversations Open
• Present Future Focus

Mind Full, or Mindful?
Challenges for Teachers

• The Learning Environment
• Stick to the knitting
• Inclusivity and respect
• Walking the Talk
It’s Not About

• It’s Not Therapy
• It’s Not About Taking Sides
• It’s Not about Airing Opinions
• Or Blaming
Conclusion

• Progress
• Plans
• Evaluation
• Future