



Friends Peace Teams PeaceWays

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By Val Liveoak, *Peacebuilding en las Américas (PLA) Coordinator*

Colombians and Central Americans Make Big Impression

The Alternatives to Violence Project International Gathering (AVP IG) was held in Antigua, Guatemala, October 2-8. Peacebuilding *en las Américas* supported the attendance of 20 Central Americans and five Colombians. They, along with other Latin American AVP facilitators, were among the highlights of the Gathering, bringing music and dance, high energy, enthusiasm for AVP, and

trauma-healing workshops in all of the programs of Friends Peace Teams (FPT). The facilitators were assisted by two translators, Teresa Tyson (U.S. and Brazil) and Michelle Fried (Ecuador). It was challenging working with a large group of facilitators and participants and using translation. Some of the flavor of each FPT trauma-healing program was communicated, and participants' evaluations were



Wilfredo Benitez

Nearly 100 AVPers from 23 countries attended the International Gathering, seen here in the plenary group.

stories of inspiring work in some of the most violent environments where AVP is active.

The week before the Gathering, a Community-Based Trauma-Healing Workshop was held, the first ever with facilitators from the Americas and the Friends Peace Teams Indonesia Initiative and African Great Lakes Initiative working together. The facilitators were two Colombians, Manuel Garcia and Viviana Avila, along with Val Liveoak (U.S. and Latin America), Getry Agizah (AVP and Healing and Rebuilding our Communities - HROC, Kenya), Theoneste Bizimana (HROC and AVP, Rwanda), Nadine Hoover (U.S. and Indonesia), and Cecilia Yocum (U.S.). Cecilia helped design the

very positive.

Magaly Quispe of Bolivia commented,

"I learned to remember what happened, to look at it with my heart's eyes, and to recall the good moments. Also, [I learned] to trust in my community and the capacity to express my most deeply hidden traumas in order to heal them."

Another participant remarked,

"I loved the fact that facilitators came from different cultures and brought a touch of how they live/work and do workshops."

Several AVP programs in other countries are now asking for assistance in adding trauma healing to their work.

This was the first AVP International Gathering to be held in Latin America, and the first to be fully bilingual Spanish-English. During the Gathering, the need for translation was generally welcomed as a way to communicate more widely, and conference attendees from North and South learned words and songs from each other. One big hit was the Colombians' "PAV PAV a-diba-diba" which got everyone up and, as Cece Yocum said, "jumping for joy" many times. ("PAV" is AVP in Spanish.) Many commented favorably on the skills and understanding of the facilitators we have trained.



Felipe Negrete presents a poncho with PAV/AVP Colombia logo to Val Liveoak.

For the Colombians and Central American AVPers, it was a positive and inspiring activity. Vivianna Avila (just hired, with her husband, by PLA, to coordinate PAV-Colombia) wrote:

"The IG was wonderful... I learned a great deal, and also had the opportunity to establish relationships with other facilitators and to learn new ways of facilitating. I will share the things I've learned with other facilitators in Colombia, especially about AVP in schools and with youth, new exercises and Light and Livelies, about other forms of trauma healing, and [new] workshops on shame and anger."

Salomon Medina of El Salvador wrote,

"It's been very important to me to have participated in the IG, where I was very fortunate to have contact with people I consider true peacemakers."

Nelly Del Cid of Honduras wrote,

"It [the IG] has given me many connections and a much wider comprehension of AVP. Now I value even more this gift that is AVP."

Wilfredo Benitez of Colombia wrote,

"I will carry this event in my heart, and imagine so many persons from different parts of the world; without worrying about our differences in languages, or faiths, we were able to understand, think and work toward the same goals. They supported me, taught me and let me see that the work can be done in different ways. We are like the little ants working for a better world, and we are not alone, nor is this a crazy idea—in fact WE CAN DO IT! and have already succeeded and will keep succeeding "

PLA not only supported the travel and other expenses of many attendees of the IG, but also in untold hours of volunteer work by Saskia Schuitemaker, the Coordinator of AVP-Guatemala, Margaret Lechner, Coordinator of AVP-El Salvador, and Val Liveoak, PLA Coordinator. Nancy Shippen, Friends Peace Teams Council member from New England Yearly Meeting was also instrumental in organizing the IG.

This is a time that offers us a great opportunity to expand AVP and PLA. Follow-up activities, just one week after the end of the IG, have generated new contacts hungry for AVP in Guatemala, El Salvador and Nicaragua. We can take advantage of the human energy generated by the event, but need help with the finances that provide the material resources for the work. Please donate to PLA at the Friends Peace Teams' address.

**Peacebuilding en Las Américas
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Friends Peace Teams

Friends Peace Teams (FPT) is a Spirit-led organization working around the world to develop long-term relationships with communities in conflict to create programs for peacebuilding, healing and reconciliation. FPT's programs build on extensive Quaker experience combining practical and spiritual aspects of conflict resolution.

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By Caroline Lanker

From the Editor

In my work on PeaceWays since 2007, I have been privileged to observe the growth and spread of the Friends Peace Teams (FPT) initiatives and programs. This issue of PeaceWays offers a mini-overview of those programs. The Alternatives to Violence Project (AVP) predates FPT and has its own international organization. FPT has carried AVP to even more areas of the world which have experienced extreme violence. The article "Colombians and Central Americans Make Big Impression" describes the recent AVP International Gathering and the part that FPT played in it.

Community-based trauma healing is a newer methodology developed with the deep involvement of Friends Peace Teams. Beginning in 2003, trauma-healing programs have been developed in each of the Friends Peace Teams initiatives. In the African Great Lakes Initiative (AGLI), the program is called Healing and Rebuilding our Communities (HROC). "The HROC Program Now," on page 6 briefly covers the development and progress of that program. The Fall 2011 edition of "PeaceWays AGLI" offers a detailed examination of the HROC program. It is available on the AGLI website, aglifpt.org.

In subsequent years, trauma healing has been adapted for use in other areas, as described in "Community-Based Trauma Healing in FPT." Previous issues of PeaceWays have covered the introduction of trauma-healing workshops in Central America and Colombia. As described in this issue, trauma healing was introduced to the international AVP community at the AVP International Gathering in 2011 by facilitators from FPT and its partner organizations in several countries.

Each FPT initiative has developed its own training materials, adapted to the culture(s) it works in. The Trauma Healing Advanced Workshop Manual (see page 7) was written for use in Indonesia and elsewhere.

The article "Violence and Response in North Sumatra" on page 4 shows the fruit of the training provided by FPT: people who have benefitted from AVP workshops have chosen an active non-violent response to violence against them. ■

By Nadine Hoover

Community-Based Trauma Healing in FPT

The first use of community-based trauma healing in Friends Peace Teams was the Healing and Rebuilding Our Communities (HROC) program developed in the African Great Lakes Region. See "The HROC Program Now," on page 6.

The AVP Advanced Trauma-Healing workshops developed independently in Central America and Indonesia. Peacebuilding en las Américas (PLA) adapted HROC into an AVP Advanced workshop. The FPT Indonesia Initiative developed an AVP Advanced workshop by integrating the new generation of activities for trauma healing with additional memory reprocessing techniques as well as listening companions techniques, which include explicit practices for accompanying someone working on their own healing.

The AVP Advanced Trauma-Healing workshops use AVP facilitators and participants who have attended at least a basic AVP workshop. Facilitators in Central America are paid, while facilitators volunteer in Indonesia, Australia and the U.S. AVP facilitators are asked to take the Trauma-Healing workshop before they begin to apprentice on a team. Facilitators learn to do the workshop through extended team-building before, during and after the workshop, not as a separate program, and there is no built-in community follow-up. AVP Advanced Trauma-Healing workshops are conducted in Central America, Colombia, Indonesia, Australia and the United States. ■



Some of the speakers at the Roundtable on Community-Based Trauma Healing prior to the AVP IG. Inner circle L to R: Manuel Garcia and Vivana Avila (Colombia), Teresa Tyson (U.S. and Brazil, translator), Nelly Del Cid (Honduras), Nadine Hoover (U.S. and Indonesia), Barbara Thomas (U.S., clerking the Roundtable), and Val Liveoak (U.S. and Latin America).

Violence and Response in North Sumatra

In June 2011, a Friends Peace Team to Indonesia visited our North Sumatran training center in Barak Induk to deliver more than 300 dolls made by people in the area of Alfred, New York, and conduct training with teachers.

At the same time, forest rangers and police organized an attack to evict the peasants from the land they had been displaced onto in 2000 by armed conflict in Aceh.

From the Amnesty International account, "At least 700 families from the villages of Barak Induk, Damar Hitam and Sei Minyak in the Besitang and Sei Lapan subdistricts have been involved in an ongoing land dispute with local government authorities who claim that their villages are located within the Leuser Mountain National Park (Taman Nasional Gunung Leuser, TNGL). [Note: the three named villages are in the community of Barak Induk, with which FPT has been working.]



Heavily armored police.

"According to local sources, on the morning of 27 June 2011, at least 5,000 people from the three villages were invited to meet with officers from the TNGL and others to discuss the ongoing dispute. After waiting for more than three hours, villagers from Sei Minyak received news that their houses were being destroyed in an attempt to forcibly evict them from the land."

According to the villagers, the eviction was led by a TNGL team, assisted by at least 1,000 other personnel, including police officers and military personnel.



Villagers from Barak Induk, Damar Hitam and Sei Minyak at the site of the incident in Sei Minyak, June 27.

The police officers fired tear gas at the villagers as they rushed to defend their homes and property. Some of the officers then opened fire on the crowd, using both live and rubber bullets, injuring at least nine people. Six other villagers were reportedly kicked and beaten by officers and forest rangers. At least five houses were destroyed, leaving at least 15 people homeless."

The FPT team was able to bear witness to the intimidation that occurred and to assist residents in delivering formal complaints to the United Nations and Amnesty International; the latter told us they rarely get reports from rural areas, and when they do, there is seldom any data and documentation to support it. The case of the shootings in June 2011 was an exception. The Alternatives to Violence Project (AVP) training had taught the villagers in Barak Induk the power of documentation, which they have carefully implemented.

Formerly, when we were concerned about the welfare of friends in Barak Induk in 2009, I stayed there for three months as a protective measure. At that time, I worked with the people to write a brief statement of history that reflected the voice of the citizens. When the High Provincial Court ruled in 2009 that the residents were not in the U.N. protected forest, we felt their position was secure. When the shooting incident occurred this year, that history and court ruling were available to form a reference briefing.

The AVP workshops FPT had brought to the area had raised the idea among the local people that as long as they were right, they did not have to fight. They gathered in numbers; sought negotiation and communication; disarmed themselves (of machetes and bamboo sticks) for discussions; and invited the media. This effort to employ nonviolent powers is a new and growing development.

After the attack, the people still did not want to fight. Instead, they sought assistance from the Legal Aid Society and from other civil organizations. Amnesty International reviewed their claim positively and is raising their case with the Indonesian government. You may find the Amnesty International campaign at: www.amnesty.org/en/library/info/ASA21/026/2011, titled, "Indonesia: Arbitrary and excessive use of force and firearms in North Sumatra."

Astonishingly enough, from the small, friendly act of delivering dolls, we were called to stand up for people and bear witness to their situation to the world. It is an honor to be in a position to help so many people!



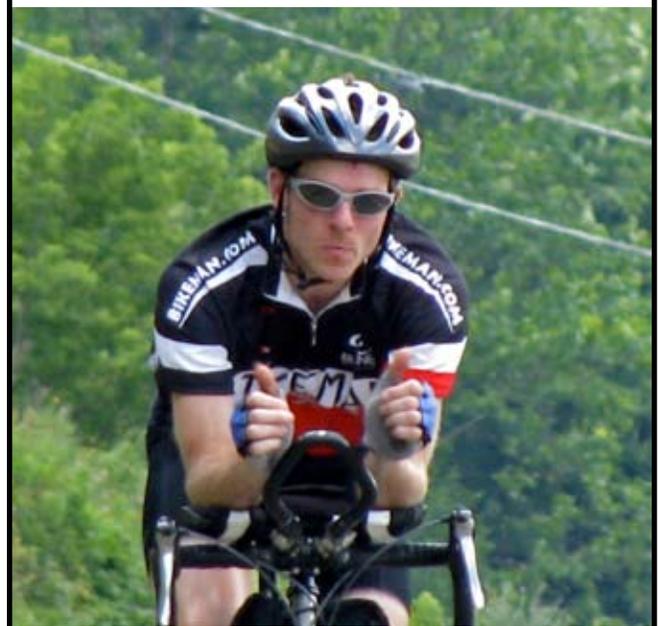
A demolished house.



An injured villager.

Amnesty International is asking people to write letters to the Chief of Police for North Sumatra Province, the head of the Division on Professionalism and Security of Indonesia, and the Indonesian National Police Commission, requesting a thorough investigation of the incident and various safeguards of human rights. Please consider joining this campaign. Details of how to address the letters and the requested content may be found at the Amnesty International campaign web address, above. ■

Another way to volunteer: Michael Hanes dedicated a 508-mile continuous cyclist race to Friends Peace Teams' work in Indonesia, raising crucial funds. Together, Mike and Friends Peace Teams Indonesia Initiative rediscovered what it means for each of us to do our part. Without his dedication, we would not have made it financially this year. Thanks to Mike for that last push!



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The HROC Program Now

The Healing and Rebuilding Our Community (HROC) program was developed in January 2003 after a month long trauma healing seminar in Rwanda. Over the next five years in Burundi and Rwanda the program was tested out and refined. The initial three-day basic HROC workshop needed many additions because we quickly learned that you

goat to two women from the hostile communities, building bio-sand water filters, election observing and reporting, small scale vegetable gardening, and micro-credit programs for women.

While HROC originally was modeled on the Alternatives to Violence Project (AVP), as time went on, we realized that it was a stand-alone program

where participants did not need any AVP experience to benefit from the workshops. By 2007, HROC was well enough established with manuals for the basic workshop and training of facilitators, that AGLI felt it was time to expand to neighboring countries. This was done in western Kenya and North Kivu Province of the Democratic Republic of the Congo. In 2010, when Theoneste Bizimana, the HROC coordinator in Rwanda, was in Nairobi studying for a master's degree in counseling, he helped to introduce the program in Nairobi, Kenya. After the First International HROC Training in Burundi in August 2011, the program should expand to two more places in the eastern Congo, northern Uganda, and the United States.



Twenty-four participants from six countries plus four lead HROC facilitators at the First HROC International Training for facilitators in August in Burundi. HROC facilitator training is a two to three week course. The Second HROC International Training will be held outside of New York City in June 2012 and the Third HROC International Training will be held in Rwanda in August 2012. Contact David Zarembka, dave@aglifpt.org, for details.

can't be with people on their road to recovery from trauma for three days and then never return. As a result, the HROC program has developed a follow-up day, a community celebration day, an advanced HROC workshop, training for facilitators, and special workshops for HIV+ women and discriminated-against Twa.

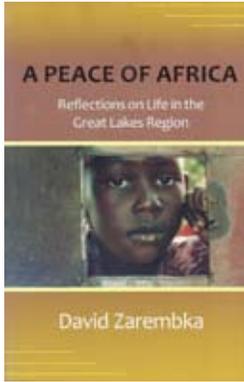
The HROC program deals not only with personal trauma, but also societal trauma. To address the societal trauma and fulfill the "rebuilding" part of the HROC mission, the African Great Lakes Initiative (AGLI) has assisted our African partner organizations to integrate hostile communities together. Joint projects have been developed, such as giving one

The challenges include ensuring that facilitators are well-trained and do not deviate from the basic principles of the program while yet adapting the program to new cultures and conditions. I have had an interest in bringing the program to the Christian/Muslim conflict in northern Nigeria, the conflict in northern Ireland, to soldiers who have returned from Iraq and Afghanistan with post-traumatic stress disorder, and the division between Africans and African-Americans in the United States. There is still a tremendous amount of work to do!

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By Caroline Lanker

A Peace of Africa

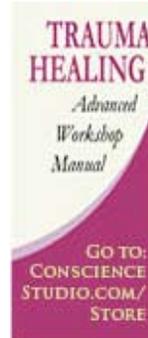


David Zarembka's recently published book, *A Peace of Africa*, is a must read for anyone interested in Africa, in Friends Peace Teams, or in peacemaking. David's long association with Africa (1964 to present) and his years of living in Africa give him a perspective you won't find in American media. The book deals briefly with the history and work of the FPT's African Great Lakes

Initiative, of which David is the coordinator. It ranges extensively over the culture, government, economics and problems of the region and the many misconceptions of Westerners about Africa. Reading this book can give one a sound basis for critical thinking about news coverage of Africa. To order a copy, go to www.davidzarembka.com. ■

By Nadine Hoover

Trauma Healing Advanced Workshop Manual



Alternatives to Violence Project (AVP) workshops are excellent at building a sense of community and opening to transforming power in our lives, particularly for people living in areas ravaged by violence or war. Even with the best skills in nonviolence, however, people need to heal from trauma caused by accident, contagion and oppression.

Three members of Friends Peace Teams Indonesia Initiative, Nadine Hoover, Lee Norton and Pamela Haines, worked with a dozen Indonesian partners to develop an Advanced AVP workshop for Trauma Healing, drawing on the experiences of Carolyn Keyes and Cecilia Yocum in Africa and Latin America, combined with techniques for memory reprocessing, grounding/present time and listening companions. It became evident that people from all types of backgrounds around the world need to heal from trauma.



Following the AVP International Gathering, Peacebuilding en Las Américas (PLA) took advantage of the presence of international facilitators to conduct a Community-Based Trauma-Healing Workshop with "Dream Weavers," a women's group, in San Pedro Sula, Honduras. The facilitation team members shown are, from the left: Patricia "Paz" (Honduras, standing); Teresa Tyson (U.S. and Brazil, seated, back turned); Getry Agizah (AVP and HROC, Kenya); and Nelly "Nutricia" (Honduras); and, on the right: Shirley Way (U.S., facing camera); Aida "Alegre" (Honduras). Not in photo: Val Liveoak (U.S. and Latin America).

This manual may be read by anyone interested in better understanding trauma, how it operates and practical actions to prevent or heal from trauma. It is an easy read with many insights that will hopefully inspire the reader to participate in an AVP Basic Workshop and then an Advanced Trauma-Healing Workshop or to extend that experience into training as a facilitator. At 90 pages, this book is clear, concise, and easily used by general readers, but especially by facilitators before, during and after a trauma healing workshop. In today's world, learning to heal from trauma should be like CPR, something that everyone should learn and relearn over our lifetimes. ■

Friends Peace Teams

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Children in Barak Induk, with dolls from Alfred, NY, delivered by a Friends Peace Team to Indonesia.

See story, "Violence and Response in North Sumatra," p.4.



Please contribute to the Friends Peace Teams initiatives and to the general fund. Undesignated donations to FPT go to the general fund to provide shared administrative support, publish PeaceWays and maintain the website. Checks should be made out to "Friends Peace Teams" and mailed to the address at right. Donations can also be made on line at www.friendspeaceteams.org.

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