

RLT Feedback Forms
CSP February 2023

Perry S.

What I enjoyed about taking this course is the opportunity to spend time with and connect with others of like mind, and to receive feedback and input from volunteers with an outside perspective of the issues and topics we discuss. The time in between classes also provided ample opportunity to apply the skills and ideas we learned, and have improved the quality of my relationships with my friends and fellow residents, and with my close family members and friends outside. I believe continuing to host and conduct these courses has a direct benefit of reducing violent behavior by teaching conflict resolutions and relational skills that are otherwise lacking.

Jeffrey P.

Yes, I'm very glad I took this course. I thought I knew how to listen to people, but I was wrong and this course taught me how to really listen and respond to a conversation. It has impacted me a lot. I am trying to improve myself, I have used these skills with other people and I improve all the time. Increasing my communication with other people. Yes, it can teach inmates how to work things out instead of fighting.

Freddie D.

I was glad I took the course, that's why I signed up to be a core member, because I believe it works and I can help lead in Authentic Relating.

Homaidan A

I love the fact this class is bringing a humane change in this prison. I am applying my experience with all of my life aspects. The experience expanded dealing with my prison's environment in a more understanding way and with empathy. This course is helping to decrease violence by giving us tools to de-escalate.

Robert S.

It helped me in learning to become vulnerable and to see others even people I would never interact with as people. I want to be a person someone enjoys spending time with. I want to be of some value. I want to be part of a community that builds up instead of breaks down. This class shows me there are others out there also. I can be the more patient, understanding person I've always wanted to be.

Yes, I think it can decrease violence in prison. There is tons of people in here looking for ways to escape, but the only release is through violence. I was that guy so I speak from experience. The hard part is pulling them away from the negativity of others who haven't been put on the same pathway yet.

Yes, I think these are good tools to help curb the influences of others if you don't know how to just say 'no'.

Steven L.

I'm joyful I took this class. I usually do not partake of programs that are not college centered or faith based and to experience a new perspective was refreshing. While the majority of these skills were just a refresher in some of my communication courses, it has helped me to listen to those that matter to me. Violence in prison I believe needs to be addressed to the aspect of identifying your own trauma and while your program does address first memories nothing beyond that.