

# **2011 SOMALI INTERCLAN PEACEBUILDING TRAINING**

(Designed and Facilitated by Gary Shapiro)

## **DAY 1 Preparation for peace - personal development and addressing violence**

- What is peace?? What is conflict? What is violence? Personal experience and impact of violence - Recognizing violence within us; Is violence ever justified? If so, when?
- Why do we fight – psychological and cultural factors
- Personal qualities, life & relationship skills (for living peacefully w/ others & oneself)
- Responding to stressful or violent situations; coping with emotions
- Develop and present role plays around inter-personal and group situations, using personal qualities and stress/anger management skills.

## **DAY 2 Deepen understanding of role of identity in creating and transforming conflict**

- Who are we? We have many identities – gender, age, siblings, clan, sub-clan, etc.
- Trauma and Trauma Healing - Inter-clan cycles of violence & unhealed trauma. How do we break the cycle?
- Understanding our clan and the other clan – recognizing and overcoming stereotypes, expanding clan mentality/identity to encompass broader community identity
- Role play – Begin with normal interactions, then reverse clan roles, then have everyone take on a larger, common identity, and interact from that perspective

## **DAY 3 Increase effectiveness & build upon traditional conflict resolution approaches**

- Understanding and strengthening indigenous conflict resolution systems
- Practice and discuss experiences, challenges, strategies of knowledge transfer and relationship building between youth and elders, and increasing women participation
- Exploring and integrating modern skills, approaches, and strategies
- Understanding conflict & practice analysis tools – conflict tree and conflict mapping
- Addressing root causes & win-win approaches to conflict mitigation/transformation
- De-escalation and reducing tension - rumor control, early warning & other strategies
- Long-term peace maintenance - Trust-building & rebuilding relationships / Spaces of Peace. Small groups create action plan for long-term peace maintenance

## **DAY 4 Dialogue skill-building and facilitation**

- Participant skillbuilding – Active, empathic listening, attitude of curiosity, exploration, appreciation, open to change & learn new things, exploring and building upon commonalities and differences
- Introduction to dialogue / Participants create list of topics
- Facilitation skillbuilding - Maximizing safety, participation, and communication
- Dialogue role-play