

NAME AND CDC # WATSON, B37999

HOUSING: 10-218L

CDCR 128B (1074)

Inmate Watson has been an active participant of the Self-Awareness & Recovery program for the past three (3) months. The Curriculum that he participated in consisted of Robin Casargian's "Houses of Healing" which covered topics of self exploration and emotional development, the following topics are as follows: "Who Are You?" "Discovering Sub-Personalities," "Self Analyzing of Beliefs, Triggers, and Traumatic Experiences That Shaped & Influenced our Choices and Decisions," "Toxic Shame," and "Healing the Emotional and Wounded Inner Child." Inmate Watson is commended for his honest effort and participation in making an exceptional change in his life.

Karen Heil

KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS & RECOVERY (SAR) PROGRAM

ORG. C-FILE
INMATE
WRITER

DATE: 3/30/2012

MCSP

GENERAL CHRONO

NAME WATSON, CHARLES

CDC # B37999

HOUSING 10-218L

2nd Quarter

You have been an active participant of the Self-Awareness & Recovery program for the past three (3) months. The Curriculum that you participated in is a continuation of Robin Casargian's "Houses of Healing." The topics covered in the past quarter were "Dealing with Grief," "Forgiving on Neutral Territory," "Seeing the Light in others," "reframing The World," "Stress Management." and "Awareness and Meditation." Participator to be commended for his sincere effort at self-improvement and desire to change your life. The above name participated from April 1 to June 29 of 2012.

ORG.: C-FILE
CC: INMAT
WRITER

Karen Heil
KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS and RECOVERY (SAR) PROGRA

DATE 7/13/2012

MCSP

INFORMATIONAL CHRONO

STATE OF CALIFORNIA

DEPARTMENT OF CORRECTIONS AND REHABILITATION

CDCR-128B

NAME: WATSON

NUMBER: B-37999

HOUSING: B10-218

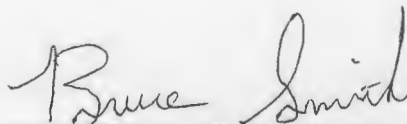
THIS IS TO ACKNOWLEDGE INMATE WATSON FOR HIS VOLUNTARY PARTICIPATION IN THE 8 WEEK WORKSHOP CLASS ENTITLED **CONFLICT RESOLUTION**. THIS CLASS MET WEEKLY FOR 1½ HOURS AND CONSISTED OF - CLASSWORK, HOMEWORK, TOPIC DISCUSSION, QUESTION AND ANSWER DISCUSSION, AND ROLE PLAYING. THE CURRICULUM INCLUDED:

RELATIONSHIP DYNAMICS, STRESS-MANAGEMENT TECHNIQUES, DEFINITIONS OF ANGER, ANGER-MANAGEMENT TECHNIQUES, BODY LANGUAGE, LISTENING TECHNIQUES, VOCABULARY ENRICHMENT, AGGRESSIVE-ASSERTIVE-PASSIVE BEHAVIOR DEFINED, PERSONALITY DYNAMICS, THE PRINCIPLE OF HUMILITY.

MR: WATSON IS TO BE COMMENDED FOR HIS COMPLETION OF ALL WORK ASSIGNMENTS AND HIS PARTICIPATION IN ALL CLASS ACTIVITIES. HE IS ENABLED TO AVOID AND DEFUSE CONFLICT AND HAVE HEALTHY INTERPERSONAL-RELATIONSHIPS WITH ALL HE INTERACTS WITH. IT SHOULD BE NOTED THAT HE DEMONSTRATED TREMENDOUS RESPECT AND CONSIDERATION TO ALL CLASS PARTICIPANTS AND TO THIS SPONSOR.

JUNE - AUGUST 2012

ORIG: C-FILE
CC: INMATE



COUNSELOR: BRUCE SMITH
FAMILY LIASON SERVICES

DATE: AUG. 17, 2012

(INFORMATIONAL)

CHRONO

NAME: WATSON, CHARLES

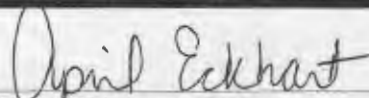
CDC #: B37999

HOUSING: 10-218L

SAR - 3rd Quarter

Inmate WATSON, CHARLES has an active participant in the (SAR) Self-Awareness & Recovery program. The Curriculum that you participated in during this Quarter consisted of Robin Casargian's "Houses of Healing" which covered topics of continued self- Exploration and emotional development such as: Reframing (changing the way we look at things) - Meditation and its many benefits - Facing Guilt - Getting honest and in-depth about the impact of Crime, - self-forgiveness is the heart of Healing. The above-mentioned inmate was a vital part of the group's discussions, and is commended for his honest and, consistent efforts toward change and being of support to those around him.

ORG.: C-FILE
CC: INMATE
WRITER



KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS and RECOVERY (SAR) PROGRA

DATE: September 28, 2012

MCSP

INFORMATIONAL CHRONO

NAME: **WATSON, CHARLES**

CDC #: **B37999**

HOUSING: **10-218L**

SAR - 4th Quarter

Inmate WATSON, CHARLES, is an active participant in the (SAR) Self-Awareness & Recovery program. The curriculum that you participated in during this quarter consisted of Robin Casargian's "Houses of Healing" which covered topics of continued self-exploration and emotional development such as: Using time as a gift, reconnecting with our goodness, emotional healing, from childhood to prison, accountability, toxic shame, beginning recovery, addictive and compulsive behavior, anger and resentments, dealing with grief, forgiving on neutral territory, seeing the light in others, stress management and relaxation, awareness and meditation, restoring dignity, self-forgiveness spiritual awareness, and being who we want to be right now. The above-mentioned completed the entire course of the "House of Healing" and was a vital part of the group's discussions. He is commended for his honest and, consistent efforts toward change and being of support to those around him.

ORG.: C-FILE
CC: INMATE
WRITER


KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS and RECOVERY (SAR) PROGRAM

DATE: January 18, 2013

LAUDATORY

INFORMATIONAL CHRONO

NAME **WATSON, CHARLES**

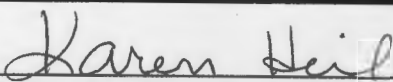
CDC #: **B37999**

HOUSING: **10-218L**

SAR - 1st Quarter

Inmate WATSON, is commended for his voluntary participation in S.A.R. (Self-Awareness & Recovery). This quarter focused on the Four Agreements written by Don Miguel Ruiz. Each participant was confronted with the idea of being Impeccable with your word, which is the first agreement. This agreement speaks of Integrity, saying only what you mean, seeking to avoid using the word to speak against yourself or to gossip about other. Inmate WATSON was an active participant and came to understand that the power of his word is to be used in the direction of Truth and Love.

ORG.: C-FILE
CC: INMATE
WRITER


KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS and RECOVERY (SAR) PROGRAM

DATE: January 18, 2013

LAUDATORY

INFORMATIONAL CHRONO

NAME: WATSON, CHARLES

CDC #: B37999

HOUSING: 10-218L

C.G.A. WORKSHOP

Mr. WATSON is commended his for voluntary participation in the CGA sponsored "How to Cope with Depression" workshop. This workshop challenged each participant's view of depression, especially for Dr. Lisle Ph.D. a quest facilitator gave a unique perspective to depressions cause and solutions. Depression has been a loaded word in our culture. Many associate it with a sign of weakness and excessive emotion. Each participant was encouraged to seek support from others as one of the many tools to help manage depression. Mr. WATSON was an active participant and is an inspiration to others.

ORG.: C-FILE
CC: INMATE
WRITER

Rev. D. Baptista

REV. D. BAPTISTA, CATHOLIC CHAPLAIN, CGA SPONSOR

DATE: 7/1/2013

LAUDATORY

GENERAL CHRONO (CDCR-128B)

NAME: WATSON, CHARLES

CDC #: B37999

HOUSING: 10-218L

C.G.A. WORKSHOP

Mr. WATSON is commended for his voluntary participation in the CGA sponsored "IMPACT of CRIME" workshop. This 6 week workshop focused on crime's impact on victims, victims' families, the community, the offender's family and the offender. The workshop challenged each participant to recognize those hurt by their crime and the accountability that comes with that recognition. We further explored the various tools needed to prevent future victimization. The workshop concluded with the topic of forgiveness and it's healing qualities. Mr. WATSON was an active participant and his pursuit of self-improvement is inspiring. "One Less Crime, means One Less Victim".

ORG.: C-FILE
CC: INMATE
WRITER

Rev. D. Baptista

REV. D. BAPTISTA, CATHOLIC CHAPLAIN, CGA SPONSOR

DATE: 8/12/2013

LAUDATORY

GENERAL CHRONO (CDCR-128B)

NAME: WATSON, CHARLES

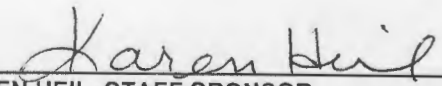
CDC #: B37999

HOUSING: 10-218L

SAR - 2nd Quarter

Mr. WATSON has been an active participant of the Self-Awareness & Recovery Program (SAR). The curriculum that he participated in during this quarter consisted of Don Miguel Ruiz's, The Four Agreements, which covered a wide variety of topics. The focus of each discussion, derived from the following agreements: be impeccable with your word, don't take anything personally, don't make assumptions, and always do your best. These agreements offered a powerful code of conduct that could rapidly transform the active participants life to a new experience of freedom, true happiness and love. Mr. WATSON is commended for his honest efforts and participation in making exceptional changes in his life.

ORG.: C-FILE
CC: INMATE
WRITER


KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS and RECOVERY (SAR) PROGRAM

DATE: 06/30/13

LAUDATORY

INFORMATIONAL CHRONO

NAME: WATSON, CHARLES

CDC#: B37999

HOUSING: 10-218L

CGA WORKSHOP

Mr. WATSON has attended a 12 STEP recovery workshop based on the 12 wisdoms of criminals and gang members anonymous (CGA). The workshop was to have the participants understand and explore the meaning of a 12 step process, such as being responsible and accountable for your own recovery, share our truth & experiences with others, maintain honesty, open mindedness, and a willingness to be of service to others. Mr. WATSON was an active participant and should be commended for his participation from Aug. 6, 2013 thru Sep. 24, 2013

ORG.: C-FILE
CC: INMATE
WRITER


REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

DATE: 9/21/2013

LAUDATORY

INFORMATIONAL CHRONO (CDCR - 128B)

NAME: WATSON, CHARLES

CDC #: B37999

HOUSING: 10-218L

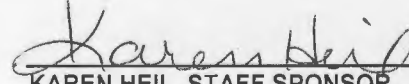
SAR - 3rd Quarter

Mr. WATSON has been an active participant of the Self-Awareness & Recovery Program (SAR) from July 5, 2013 through September 27, 2013. The purpose of this quarter was to promote self-awareness and gain insight into one's character while finding a balance between self and compassion for others. The participants gained facilitator skills, while leading discussions on the following topics: pride, love, respect and truthfulness, perseverance and failure, compassion, complacency, priorities, boundaries, and teamwork. Mr. WATSON is to be commended for his participation in making exceptional changes in his life.

ORG.: C-FILE

CC: INMATE

WRITER



KAREN HEIL, STAFF SPONSOR

SELF-AWARENESS and RECOVERY (SAR) PROGRAM

DATE: 09/30/2013

LAUDATORY

INFORMATIONAL CHRONO

NAME: WATSON, CHARLES

CDC#: B37999

HOUSING: 10-218L

CGA WORKSHOP

Mr. WATSON has successfully completed a (9) week "spiritual principles" workshop that covered an in-depth understanding of the principles of spirituality such as honesty, respect, tolerance, compassion, peace and forgiveness. The individual was also exposed to the idea that we are all imperfect people who have the free will to make choices and decisions based on spiritual principles rather than on our own self-will. Mr. WATSON should be commended for his voluntary participation in this workshop which began September 24, 2013 and ended December 3, 2013.

ORG.: C-FILE

CC: INMATE

WRITER



REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

DATE: 12/10/2013

LAUDATORY

INFORMATIONAL CHRONO (CDCR - 128B)

NAME: WATSON, CHARLES

CDC #: B37999

HOUSING: 10-218L

SAR - 4th Quarter

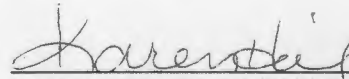
Mr. WATSON has been an active participant of the Self-Awareness & Recovery (SAR) group from October 4, 2013 through December 27, 2013. The curriculum consisted of Robin Casarjian's "House of Healing - A Prison's Guide to Inner Power and Freedom", which introduced the following topics: Who you are?, the power of the core self (Spirit of love, joy, peace, patience, faith, meekness, goodness, gentleness and self-control), healing from the inside out, the inner man or heart (small vs. greater self), beliefs and attitudes, sub-personalities (faith vs. fear based), soul (mind, will and emotions), body (psychosomatic illnesses), discovering the true vs. lost in the false self, light vs. dark side, recovery brings a sense of power vs. laziness bring a sense of lack, the power to choose as the director of his life, and the key to freedom. Mr. WATSON is to be commended for his participation in making exceptional changes in his life.

ORG.: C-FILE

CC: INMATE

WRITER

DATE: 12/27/2013



KAREN HEIL, STAFF SPONSOR

SELF-AWARENESS and RECOVERY (SAR) PROGRAM

LAUDATORY

INFORMATIONAL CHRONO

NAME: WATSON, CHARLES

CDC#: B37999

HOUSING: 10-218L

CGA WORKSHOP

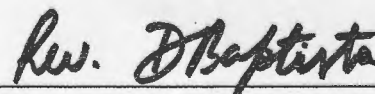
Mr. WATSON has successfully completed a (9) week workshop that covered an in-depth understanding of "Life Skills". Which dealt with issues that people deal with in everyday life, such as understanding their needs vs. their wants, knowing how to identify risky situations and how to deal with them appropriately. Also, creating a relapse prevention plan that is practical and reasonable. Mr. WATSON should be commended for his voluntary participation in this workshop, which began September 24, 2013 and ended December 3, 2013.

ORG.: C-FILE

CC: INMATE

WRITER

DATE: 2/10/2014



REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

LAUDATORY

INFORMATIONAL CHRONO (CDCR - 128B)

NAME: **WATSON, CHARLES**

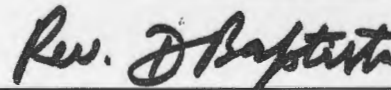
CDC#: **B37999**

HOUSING: **10-218L**

CGA WORKSHOP

Mr. WATSON has successfully completed a (9) week workshop that covered an in-depth understanding of "Life Skills". Which dealt with issues that people deal with in everyday life, such as understanding their needs vs. their wants, knowing how to identify risky situations and how to deal with them appropriately. Also, creating a relapse prevention plan that is practical and reasonable. Mr. WATSON should be commended for his voluntary participation in this workshop, which began December 24, 2013 and ended February, 4 2013.

ORG.: C-FILE
CC: INMATE
WRITER



REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

DATE: 3/19/2014

LAUDATORY

INFORMATIONAL CHRONO (CDCR - 128B)

NAME: **WATSON, CHARLES**

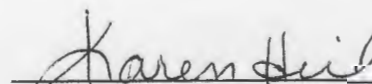
CDC #: **B37999**

HOUSING: **10-218L**

SAR - 1st Quarter

Mr. WATSON has been an active participant of the Self-Awareness & Recovery (SAR) group from January 3, 2014 through March 28, 2014. The curriculum consisted of Robin Casarjian's "Houses of Healing - A Prisoner's Guide to Inner Power and Freedom", which introduced the following topics: Core Self, Emotional Healing, Childhood (toxic) Shame vs. Love and Acceptance, Self Forgiveness: The Heart of Healing, Acknowledging the Truth, Taking Responsibility For What One Has Done, Acknowledging the Deeper Feeling That Motivated Feelings, Opening Your Heart To Yourself, Healing Emotional Wounds by Heeding the Inner Calls For Love in Healthy and Responsible Ways, and Aligning with the True self and affirming Your Fundamental Goodness. Mr. WATSON is to be commended for his honest and consistent effort toward change and being a support to those around him.

ORG.: C-FILE
CC: INMATE
WRITER



KAREN HEIL, STAFF SPONSOR
SELF-AWARENESS and RECOVERY (SAR) PROGRAM

DATE: March 28, 2014

LAUDATORY

INFORMATIONAL CHRONO

NAME: **WATSON, CHARLES**

CDC#: **B37999**

HOUSING: **10-218L**

CGA WORKSHOP

Mr. WATSON has successfully completed a (9) week workshop that covered an in-depth understanding of "Anger Management". This workshop was designed to meet the Re-Entry curriculum. The curriculum includes but is not limited to definitions of anger, violence, passive, aggressive and assertive communication, relationship dynamics, physiology of anger and affirmation. Mr. WATSON should be commended for his voluntary participation in this workshop, which began February 18, 2014 and ended April, 15 2013.

ORG.: C-FILE
CC: INMATE
WRITER

Rev. D. Baptista
REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

DATE: 5/6/2014

LAUDATORY

INFORMATIONAL CHRONO (CDCR - 128B)

NAME: **WATSON, CHARLES**

CDC#: **B37999**

HOUSING: **10-218L**

CGA WORKSHOP

Inmate WATSON has successfully completed a four-week intense Criminal and Gangmembers Anonymous (CGA) Defects of Character Workshop. The topics covered in this workshop were: What is a Defect of Character, the Biggest Question is why, exploring the Powerful Effects of Character, Own Your Defects, and Shift-Correcting the Defects. During the workshop, we defined that defects such as, insecurity, selfishness, and low self-esteem are flaws in our character. We recognized that these defects came from our experiences, influences, and significant role in our lives. Inmate WATSON is commended for his voluntary participation in group discussions throughout the course of these workshops from May 20, 2014 to June 10, 2014.

ORG.: C-FILE
CC: INMATE
WRITER

Rev. D. Baptista
REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

DATE: 6/20/2014

LAUDATORY

INFORMATIONAL CHRONO (CDCR - 128B)