

NAME: **WATSON, CHARLES**

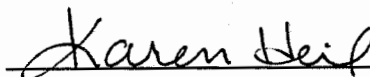
CDC#: **B37999**

HOUSING: **10-218L**

SAR

Mr. WATSON has been an active participant of the Self-awareness & Recovery (SAR) group from April 4, 2014 through June 27, 2014. The curriculum consisted of Robin Casarjian's "House of Healing – A prisoner's Guide to Inner Power and Freedom", which introduces the following topics: Completion and Closure (apologizing, writing, visualization, acts of selfless service), Failing Yourself, Becoming your own friend, How long does it take to forgive yourself, releasing yourself from the past, what forgiveness is not, forgiveness and setting limits, what forgiveness is, and putting it into practice. 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 Hiel, Staff Sponsor
Self-Awareness and Recovery (SAR) Program

DATE: 7/29/2014

LAUDATORY (SAR)

INFORMATIONAL CHRONO (CDCR - 128B)

NAME: **WATSON, CHARLES**

CDC #: **B37999**

HOUSING: **10-218L**

CGA - WORKSHOP

Mr. WATSON has successfully completed a (8) week intensive Domestic Violence workshop which dealt with understanding the different types of abuses that would define the dynamics of Domestic Violence, and identify warped beliefs that an abuser would use to justify his behavior(s). As well as why do the victims of Domestic Violence stay and what one must do to stop the cycle of abuse, which includes accepting Responsibility for one's own behavior and understand that the victim never asked to be victimized. Mr. WATSON should be commended for his voluntary participation in this workshop, which began June 24, 2014 and ended August 12, 2014.

ORG.: C-FILE
CC: INMATE
WRITER



REV. D. BAPTISTA, CATHOLIC CHAPLAIN CGA SPONSOR

DATE: 8/22/2014

LAUDATORY

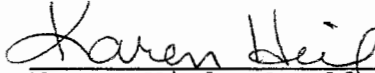
INFORMATIONAL CHRONO (CDCR - 128B)

NAME and NUMBER Watson, Charles B-37999 10-218L

CDC-128-B Rev. 4/74

This inmate has been an active participant of the Self-Awareness & Recovery (SAR) group from July 1, 2014 through September 30, 2014. The curriculum consisted of Robin Casarjian's "Houses of Healing -- A Prisoner's Guide To Inner Power and Freedom", which introduces the following topics: Be who you say you are, Care about others, Dare to live your dreams, Find the best fit, Give to another, Inspire someone to greatness, Jump over a boundary, Kick a bad habit, Leap across a fear, Never say never, Open your mind and heart, Pursue your innermost passions, Quit complaining, Restore your smile, Set your sights high and Trust yourself. He is to be commended for his honest and consistent effort towards change and for being an asset to other men in recovery.

Orig: C-File
Writer
Inmate


Karen Heil, Staff Sponsor
Self-Awareness & Recovery Program

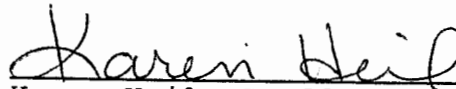
DATE September 30, 2014 LAUDATORY / S.A.R. Program MCSP GENERAL CHRONO

NAME and NUMBER Watson, Charles B-37999 10-218L

CDC-128-B Rev. 4/74

This inmate has been an active participant of the Self-Awareness & Recovery (SAR) group from October 3, 2014, through December 26, 2014. The curriculum consisted of Robin Casarjian's "Houses of Healing -- A Prisoner's Guide To Inner Power and Freedom", which introduces the following topics: Use all the day, Value everything, Wait until it feels right, Express yourself, Yank weeds from your mental garden, Zoom into the now, Frequent thoughts and beliefs of your mental, emotional and external self, How your highest possible self thinks, feels and relates to others, Examining your daily activities and improving them, Feeling loved, accepted and at peace, Living a diligent & disciplined life, and Being an encouragement to those around you. He is to be commended for his honesty and consistent effort towards change and for being an asset to other men in recovery.

Orig: C-File
Writer
Inmate


Karen Heil, Staff Sponsor (SAR) Program

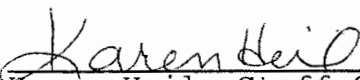
DATE 12/26/14 LAUDATORY / SAR PROGRAM MCSP GENERAL CHRONO

NAME and NUMBER Watson, Charles B-37999 10-218L

CDC-128-B Rev. 4/74

This inmate has been an active participant of the Self-Awareness & Recovery (SAR) group from January 2, 2015 through March 27, 2015. The curriculum consisted of Robin Casarjian's "Houses of Healing -- A Prisoner's Guide To Inner Power and Freedom", which introduces the following topics: Life Can Be Worth Living Again, Healing The Whole Person, Doing Time Successfully, Crisis To Opportunity, Who Are You Anyway, Small Selves vs. Greater Selves, Sub-Personalities, The Self: Lost & Found, What Is Emotional Healing, Spirit, Soul & Body, Mind, Will & Emotions, Thoughts, Choices & Feelings, and From Childhood To Prison. He is to be commended for his honesty and consistent effort towards change and for being an asset to other men in recovery.

Orig: C-File
Writer
Inmate


Karen Heil, Staff Sponsor (SAR) Program

DATE 3/27/15 LAUDATORY / SAR PROGRAM MCSP GENERAL CHRONO

NAME and NUMBER Watson, Charles B-37999 10-218L

CDC-128-B Rev. 4/74

This inmate has been an active participant of the Self-Awareness & Recovery (SAR) group from April 3, 2015 to June 26, 2015. The curriculum consisted of Robin Casarjian's "Houses of Healing -- A Prisoner's Guide To Inner Power and Freedom", which introduces the following topics: Who Are You?, Discovering Sub-Personalities, Self-Analyzing of Beliefs, Traumatic Experiences that Shaped & Influenced our Choices and Decisions, Toxic Shame, and Healing and Wounded Inner Child. This inmate is to be commended for his honest effort and participation in making an exceptional change in his life.

Orig: C-File
Inmate


Karen Heil, Staff Sponsor
Self-Awareness & Recovery (SAR) Program

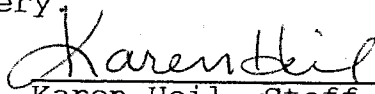
DATE July 10, 2015 LAUDATORY / SAR PROGRAM MCSP GENERAL CHRONO

NAME and NUMBER Watson, Charles B-37999 10-218L

CDC-128-B Rev. 4/77

This inmate has been an active participant of the Self-Awareness & Recovery (SAR) group from July 3, 2015 to September 25, 2015. The curriculum consisted of Robin Casarjian's "Houses of Healing -- A Prisoner's Guide Inner Power and Freedom", which introduces the following topics: Co-Dependence, Meeting Your Inner Child, Re-Parenting Your Inner Child, Writing Your Inner Child, Conversation With Your Inner Child, Your Inner Child and Your Children, Anger Triggered From The Outside, Unresolved Anger, Under The Anger, Facing and Owning Your Anger, Releasing It Safely, and What Do You Get Out Of Holding On To Anger. He is to be commended for his honesty and consistent effort towards change and for being an asset to other men in recovery.

Orig: C-File
Writer
Inmate


Karen Heil, Staff Sponsor (SAR) Program

DATE Sept. 25, 2015 LAUDATORY / SAR PROGRAM MCSP

GENERAL CHRONO

NAME and NUMBER Watson, Charles B-37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has been an active participant of the Self-Awareness & Recovery Group. During this period he attended 10 out of 10 Meetings.

Inmate Watson has been an active participant in the group's meetings and activities. The curriculum consisted of Robin Casarjian's "Houses of Healing - A Prisoner's Guide - Inner Power and Freedom" which introduces the following topics: Grief: The Silenced Emotion, Losses of a Lifetime, Dealing with Loss, Accepting the Fact of Loss, Mourning Loss, Adjusting to the New Situation, Honoring Loss & Letting Go, Forgiving On Neutral Territory, and Seeing the Light. He is to be commended for his honesty and consistent effort toward change and for being an asset to other men in recovery.

ORIG : ERMS/SOMS
cc : Group File
Inmate

DATE 1/22/2016



Walynda Miller, OT, Staff Sponsor

Self-Awareness & Recovery Group

Oct - Dec, 2015 - 4th Quarter Self-Help Chrono

NAME and NUMBER Watson, Charles B-37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has been an active participant of the Self-Awareness & Recovery Group. During this period he attended 10 out of 10 Meetings.

Inmate Watson has been an active participant in the group's meetings and activities. The curriculum consisted of the following topics: I am willing to see the light, Reflecting on forgiving on neutral territory, Reframing your perspective of the world, Being a victim vs. Having a victim's mentality, Relaxation: Making space for new possibilities, and Relaxation Techniques. He is to be commended for his honesty and consistent effort toward change and for being an asset to other men in recovery.

Walynda Miller

Walynda Miller, OT, Staff Sponsor

Self-Awareness & Recovery Group

Jan - March, 2016 - 1st Quarter Self-help chrono

ORIG : ERMS/SOMS
cc : Group File
Inmate

DATE 3/28/2016

NAME and NUMBER Watson, Charles B-37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has been an active participant of the Self-Awareness & Recovery Group.

Inmate Watson has been an active participant in the group's meetings and activities. The curriculum for the "Houses of Healing" consisted of the following topics: 1). Positive Visualization, 2). Holy Moments/Attitude, 3). Awareness Meditation, 4). Living with Greater Awareness, 5). Restoring Dignity: facing guilt, shame, and the impact of crime, 6). A lack of empathy, 7). A distorted sense of guilt, 8). Healthy Guilt vs. Unhealthy Guilt, 9). Self-forgiveness-The Healthy Heart, 10). When self-forgiveness is not enough, 11). The stress of self-forgiveness. He is to be commended for his honesty and consistent effort toward change and for being an asset to other men in recovery.

Walynda Miller

Walynda Miller, OT, Staff Sponsor

Self-Awareness & Recovery Group

April - June, 2016 - 2nd Quarter Self-help chrono

ORIG : ERMS/SOMS
cc : Group File
Inmate

DATE 6/24/2016

NAME and NUMBER Watson, Charles B-37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has attended weekly meetings (90 min. sessions) of the "B" Facility SAR Group. During this period he attended 11 out of 11 Meetings.

Inmate Watson has been an active participant in the Self-Awareness and Recovery (SAR) Group. The curriculum from "Houses of Healing" consisted of the following topics: 1). Steps of self-forgiveness, 2). Completion & Closure, 3). Failing yourself, 4). How long does it take?, 5). Releasing yourself from the past, 6). A peaceful heart, 7). What forgiveness is not, 8). Setting limits, 9). What forgiveness is, 10). Communication & Forgiveness, 11). Forgiving parents, and 12). Healing relationships. He is to be commended for his honesty and consistent effort toward change. He is an asset to other men in recovery.

Walynda Miller

ORIG : ERMS/SOMS
Group File

Walynda Miller, Staff Sponsor
Self-Awareness & Recovery Group

DATE 10/08/2016

July - Sept. 2016 - 3rd Quarter Self-help chrono

NAME and NUMBER Watson, Charles B37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has attended weekly meetings (90 min. sessions) of the "B" Facility group of SAR. During this period he attended 13 out of 13 Meetings.

Inmate Watson has been an active participant in the Self-Awareness & Recovery group. The curriculum from "Houses of Healing" consists of the following topics: 1). Spiritual awakening, 2). Faith that sustains, 3). No Boundaries, 4). Religion & Spirituality, 5). Spiritual Growth, 6). Nurturing the spiritual life, 7). Prayer, 8). Meditation, 9). Basic Spiritual Truths, 10). Spiritual Qualities, 11). A Higher Purpose, 12). Prison, A Gift? He is to be commended for his honesty and consistent effort toward change. He is an asset to the other men in the group.

Walynda Miller

ORIG : ERMS/SOMS
Group File

Walynda Miller, OT
Self-Awareness & Recovery, Staff Sponsor
Oct. - Dec. 2016 - 4th Quarter Self-help chrono

DATE: 01/13/2017

NAME AND NUMBER **WATSON, CHARLES** **B37999** **10-218L**

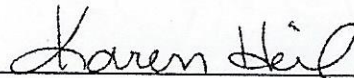
This inmate was a participant in the AMENDS PROJECT workshop presented by the Life Support Alliance (LSA) held on Saturday, October 29, 2016.

This workshop provided instruction to inmates regarding writing "Amends Letters" to primary and secondary victims.

The LSA is a restorative justice based non-profit, working in conjunction with the California Department of Corrections and Rehabilitation's (CDCR) Office of Victim and Survivors Rights Services (OVSR) in facilitating this project. The workshop consisted of a one-time, two-hour in person presentation with the Co-Directors of the Life Support Alliance serving as presenters.

The program curriculum contained the following:

- I. Introductions
 - a. Life Support Alliance
 - b. Restorative Justice
 - c. Amends Project
- II. Apology and Amends Overview
 - a. Elements of Apology and Amends
 - b. Amends when the victim is deceased
 - c. Who are victims
- III. Writing an Amends Letter
 - a. Letter format
 - b. Getting started
- IV. What happens next
 - a. Where and what to submit
 - b. Next Steps



K. HEIL
STAFF SPONSOR
VICTIMS AWARENESS OFFENDER'S PROGRAM

Orig: C-File
Cc: Inmate

DATE: **October 31, 2016** **LAUDATORY** **MCSP** **GENERAL CHRONO**

NAME and NUMBER Watson, Charles B37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has attended weekly meetings of the "B" Facility group of SAR. During this period he attended 12 out of 12 Meetings.

Inmate Watson has been an active participant in the Self-Awareness & Recovery group. The curriculum from "The Houses Of Healing" consisted of the following topics: 1). Who are you? 2). Discovering sub-personalities, 3). Self-analyzing of beliefs, 4). Traumatic experiences that shaped & influenced choices & decisions, 5). Toxic shame, 6). Healing inner wounds, 7). Co-Dependence, 8). Anger triggered from the outside, 9). Unresolved anger, 10). Under your anger, 11). Facing & owning your anger, 12). Releasing anger safely, and 13). What do I get out of holding onto anger? He is commended for his honesty and consistent effort toward change and for being an asset to other men in recovery.

Ben Gascon

ORIG : ERMS/SOMS

Ben Gascon

Group File

Self-Awareness & Recovery, Staff Sponsor

DATE: 4/20/2017

January - March, 2017 - 1st Quarter Self-help chrono

NAME and NUMBER Watson, Charles B37999 B10-218L

CDC-128-B (Rev. 4/74)

Inmate Watson has attended weekly meetings of the "B" Facility group of SAR. During this period he attended 12 out of 12 Meetings.

Inmate Watson has been an active participant in the Self-Awareness & Recovery group. The curriculum from "The Houses Of Healing" consisted of the following topics: 1). Grief: The silent emotion, 2). Losses of a Lifetime, 3). Dealing with loss, 4). Acceptance, 5). Mourning, 6). Adjusting to new situations, 7). Investing your energy in something new, 8). Forgiving on neutral territory, or ...Learning to see, 9). Practicing forgiveness, 10). Reframing: There is another way of looking at the world, 11). Who's doing what to whom?, and 12). Being a victim vs. having a victim mentality. He is commended for his honesty and consistent effort toward change and for being an asset to other men in recovery.

Ben Gascon

ORIG : ERMS/SOMS

Ben Gascon

Group File

Self-Awareness & Recovery, Staff Sponsor

DATE: 8/18/2017

April - June, 2017 - 2nd Quarter Self-Help Chrono