

Self-Help Classes

Marriage & Family Course
38 hours

NAME and NUMBER **WATSON, CHARLES B-37999**

RM# 1386

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

This chrono is to attest to the fact that Inmate Charles Watson, B-37999, has taken a 23-week Marriage and Family Course, with each class 100 minutes in duration.

The subject matter embraced such considerations as: the married state, necessary and beneficial preparation for the same, human sexuality, the psychological, physical, and emotional differentiation between the sexes, child rearing, communication skills, and the impediments to marriage. "S" successfully completed the course, taking the requisite tests and passing them. Inmate Watson enjoyed the highest average in his class as well as the highest final grade for the entire course.

In my professional, academic, spiritual, and social exchanges with Inmate Watson both in and out of class (as well as limited associations with his wife and family), I am convinced that: CMC is the healthiest and **safest** place for this inmate to satisfy his sentence. Because of the nature of Watson's crime he has good reason to fear for his physical and psychological well-being in another facility. I say this based on the candid remarks made by CMC inmates when I was moderator of the Lifer's Group for over three years at this facility.


DATE

GENERAL CHRONO

NAME and NUMBER

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

In addition, movement from CMC to some other location would be very disruptive for his wife and family since many ties have been created with supportive friends in the area over the past 20 years. This acceptance and understanding is very important again in view of what many families of inmates suffer because of crimes of notoriety such as that of Inmate Watson. Furthermore, his religious ministry which is a joint effort with his wife would greatly suffer. The latter is not only beneficial to those whom the ministerial efforts are directed, but also to the Watsons in the emotional and spiritual support and stability it affords them.


FR. ALPHONSE VAN GUILDER, OFM, Conv.
Catholic Chaplain, CMC-East

ORIG: C-File
CC: Inmate
Writer

DATE NOVEMBER 8, 1992

CMC-EAST

GENERAL CHRONO

Zig Zigler's "See You At The Top"

53 hours

NAME and NUMBER

WATSON, Charles


B-37999


1394

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

"S" has participated in 21 weeks of classes based on Zig Zigler's book "See You At The Top." Class involved personal motivation, attitude training and development, group and individual participation, class interaction and lecture. Class time consisted of 2 1/2 hours per week.

cc: C-File
Counselor
Psych File
Chapel File
Inmate Copy


Dr. Stanley L.H. McGuire,
Protestant Chaplain


David Burkett,
Visiting Clergy

DATE

September 3, 1985

(INFORMATIVE)

GENERAL CHRONO

California Men's Colony - San Luis Obispo, California

Vital Issues Project
(Most Valuable Participant)

90 hours

NAME and NUMBER

WATSON, CHARLES

B-37999

Room 1386

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

Inmate CHARLES WATSON, B-37999, participated in the VITAL ISSUES PROJECT from 3/26/90 to 5/4/90. VITAL ISSUES is a six (6) week program which meets five (5) days a week, three hours a day for a total of ninety (90) hours. VITAL ISSUES is a non-directive group participation project based on a personal development and life management program with focus on motivation (habits, attitudes and conditioning), goal setting, problem solving and decision making, emotional control (stress management), family relationships, financial stability, communication and job seeking skills. Mr. WATSON actively participated by making realistic and clear comments throughout the project which helped keep all members on task. Mr. WATSON was also voted as Most Valuable Participant by the group members.

cc: Central File
Education File
CC I
Inmate Copy


J. WILLIS
Education Instructor
VITAL ISSUES PROJECT

DATE

5/4/90

(COMPLETION CHRONO)

CMC-E

GENERAL CHRONO

Personal Adjustment Techniques

10 hours

NAME and NUMBER

CDC-128-C

WATSON, Charles

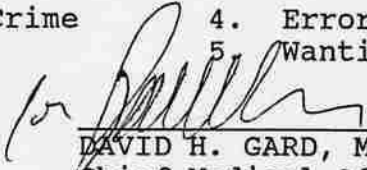
B37999

6-140L

PERSONAL ADJUSTMENT TECHNIQUES

Mr. Watson attended ten (10) sessions of Personal Adjustment Techniques. Topics covered include:

1. Dispelling the Myths of Crime
2. Object Loss Grief
3. Victim Awareness
4. Errors in Thinking
5. Wanting it Fast and Easy



DAVID H. GARD, M.D.
Chief Medical Officer

Orig: C-File
cc: Med. File
Inmate

DATE 04-26-95 MULE CREEK STATE PRISON - IONE MEDICAL—PSYCHIATRIC—DENTAL

A Framework For Recovery

12 hours

NAME and NUMBER WATSON

B-37999 B6-218L

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

From May 30 through September 10, 1996, this inmate participated in the Stay Out of Prison (S.T.O.P.) class entitled, "A Framework for Recovery." The course consists of 12 sessions, which include 15-minute video presentations, workbook activities and group discussions. Topics covered included: decision-making, habits, goal-setting, improving attitudes, and learning methods for positive change. This inmate volunteered to take the class. His attendance and participation were good. He displayed a positive attitude and a willingness to learn.

M. Merritt, CCII
M. MERRITT
CCII
MCSP - Fac. B

Orig: C-File
: Writer
: Inmate

DATE 11/5/96

(FRAMEWORK FOR RECOVERY COURSE COMPLETION)

MCSP GENERAL CHRONO

Improving Relationships

15 hours

WATSON B-37999 B6-218L

NAME and NUMBER

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

From 10/16/96 through 12/18/96, this inmate participated in a voluntary personal development class entitled "Improving Relationships". The course consisted of ten 90 minute sessions which covered topics including; communication, understanding feelings, empathy, listening, selfishness, codependency-autonomy-interdependency, and intimacy-friendship. This inmate displayed a good attitude. His attendance and participation were very good. He completed assigned homework.

M. Merritt, CCII
M. MERRITT, CCII

ORIG - C FILE
cc - CCI
inmate
writer

DATE

1/14/97

S.T.O.P. COURSE COMPLETION - MCSP

GENERAL CHRONO

Mule Creek State Prison - Ione, California
(Laudatory - Protestant Chapel Leadership Participation)

NAME and NUMBER **WATSON, Charles** **B-37999** **6-218L** CDC-128-B (Rev. 4/74)

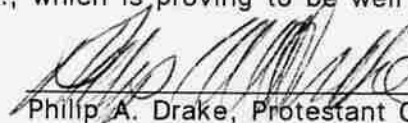
I/M Watson is hereby commended for his consistently helpful attitude and fully supportive participation in all Protestant Chapel religious services and Chapel-sponsored programs.

For several years, he has assisted the writer during the Sunday services by way of setting the spiritual attitude amongst the inmate congregation. He accomplishes this during that portion of the service called Praise & Worship by selecting and directing the various songs and briefly sharing thoughts which assist the men in preparing for the sermon.

Throughout the balance of each week, he actively participates in, for example: Prescription for Life, Prison Fellowship's Bible Study and mid-week Evening Services. Also, he reaches out to each new arrival on Facility B, making available Bibles, Christian materials, the schedule of Chapel programs and provides a listening ear.

He is especially commended for over two years of service as the facilitator of the Christian 12 Step group, co-sponsored by the writer and Prison Fellowship. It is noted that this is the first Christian 12 Step group within C.D.C., which is proving to be well received and highly successful.

DISTRIBUTION: C-File
 Inmate



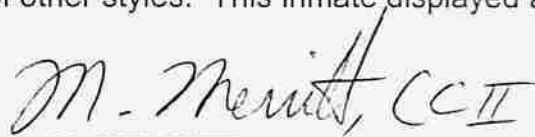
Philip A. Drake, Protestant Chaplain

DATE 10/30/97 LAUDATORY / PROTESTANT CHAPEL MCSP GENERAL CHRONO

Mule Creek State Prison - Ione, California
Stay Out of Prison Program
"Personality & Relationships"
18 hours

NAME and NUMBER **WATSON B-37999 B6-218L** CDC-128-B (Rev. 4/74)

This inmate is to be commended for his voluntary participation in the Stay Out of Prison (STOP) program course entitled, "Personality and Relationships". Classes were conducted from October 1997 through January 1998. Course content was based upon the personality test and book by Keirse and Bates called "Please Understand Me". By the end of the sessions, each participant knew what his personality style was and how he could deal effectively with people of other styles. This inmate displayed a positive attitude and his attendance and participation were good.



M. MERRITT, CCII
Program Specialist

ORIG - C FILE
cc - inmate

DATE 03/07/98 STOP PROGRAM GRADUATION - MCSP GENERAL CHRONO