

Trainings Offered by East Point Peace Academy

The East Point Peace Academy is a training organization that provides many communities with the skills and practices of nonviolence. “Nonviolence” is a large umbrella that incorporates a lot of different skillsets, all of which are necessary for social transformation.

While we have some set curriculums, including our flagship two-day “Introduction to Kingian Nonviolence” workshop and our two-day “More Than a Protest” movement building workshop, we also try our best to work with each community to design a workshop that meets the needs and interest of your group.

Below are some “themes” of what our organization offers. While these themes are not completely separate from each other and much of our work intersects and weaves through all of them, this may give you some idea of what we offer.

Please feel free to contact us at info@eastpointpeace.org with any questions you may have. We look forward to collaborating with you and supporting your important work.

Nonviolent Theory & Overview

All of our workshop offerings are grounded in a worldview of nonviolence and conflict reconciliation. It is therefore best that any workshops we offer begin with some grounding in the theory and worldview of nonviolence.

These workshops are transformational experiences and include interactive activities, mini-lectures, role-plays and more. Specific theories and lineages that we draw inspiration from include the Kingian Nonviolent Conflict Reconciliation curriculum grounded in the tradition of Dr. Martin Luther King Jr. as well as the Gandhian Nonviolence framework which comes out of the Indian independence movement.

Topics include dispelling the myths of nonviolence (that it is passive or ineffective), the principles of nonviolence and an integrated approach to nonviolence, definitions and impact of violence, exploring human values, dialectic worldviews, the differences between resolution and reconciliation and more.

The purpose of nonviolent theory is to ground people in the theory and worldview of nonviolence before going into concrete skills and application. As we often times teach, without being grounded in a nonviolent worldview, the Ku Klux Klan could use nonviolent tactics to push their agenda.

Nonviolent Skills

These activities will provide participants opportunities to practice concrete skills of nonviolence, largely applied in intrapersonal, interpersonal and communal conflicts.

They include an analysis of the nature of human conflict, conflict de-escalation, practices in nonviolent communication, active listening and other skillsets.

Healing & Restorative Practices

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Nonviolence is not only about demanding that “those people over there” be peaceful. It is about learning to unburden ourselves and our communities of the violence that we have internalized. It is about healing our own wounds as well as the wounds between individuals in our own communities or movements.

These activities pull in practices and teachings from various traditions, including restorative justice, meditation and mindfulness, forgiveness work, trauma healing and various other healing modalities.

Organizing & Movement Building

Successful movements aren't born overnight. They are built slowly and methodically through intense training and strategizing.

These activities will give activists concrete theories and skills in developing powerful social change campaigns and movements.

Activities include frameworks on the role of direct action and negotiation, understanding the differences between vision, goals, strategies and tactics, tools like power mapping and spectrum of allies, role-plays on direct action and civil disobedience as well as movement frameworks including the power and structures of decentralized movements and the science of sparking and sustaining large-scale social movements.

