

LEALA'S MEXICO PROJECT

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1. How their relationship with the future (with their futures) was challenged and developed through the project – power relationship, self-relationship, relationship with others in future, emotional relationship (hope/fear etc.)

First of all, the focus of the Project and also their closest relationship with futures is social reintegration. Just leaving prison. Through several exercises as part of human development and exercises belonging to Prospective, they were encouraged to have futures thinking, futures vision and more interest on their personal futures. They realized that there are multiple possibilities of personal fulfillment. They felt being treated as humans, having a sense of hope at life.

As the program was divided on three parts:

1. Exercises for changing attitudes and ways of thinking
2. Emotional intelligence workshop and corporal exercises
3. Forward Theater. Presenting possible futures scenarios played by themselves

These women were involved in a sensitization process for themselves and their surroundings so it was a space to cry what remained silent, to laugh the laughs that were hidden and speak what was clogged.

Construir resiliencia y ampliar su sentido de lo social a la familia y a la sociedad donde regresarán insertas.

2. How was their capacity to change the future developed, what kinds of things were addressed?

Unfortunately, at this moment we just have the remains of the immediate changes being present at that time. Until now, the authorities have not helped us in giving a follow up to the group nor telling us if one of them has already left jail. Since we are not anymore part of their projects, we have tried to figure out what has happened after the course was given, but no answer at all explaining they have too much work.

We could identify that the penitentiary system (as some other systems in this country) is really tough and sometimes made us feel powerless. So we conclude that the life project needs to go along with the Government project which provide prisoners with cultural, educational, sport activities and academy. But for this LEALA, it implied to go from the traditional social reintegration model to a self transformative model. Working with subjective indicators such as emotions, self-esteem, believes, spiritual matters and collaborative work. Heal the inside, heal their self and extend it to the others. Changes in mental structures, fear to futures and go through negative processes towards building their proper spaces were provided. Not feeling sorrow for themselves, dare to change, not living in the past, do not make the same mistakes and not surrender after failure.

3. How did they articulate 'desired' futures? What were the emotional , spiritual and cognitive changes resulting from this, or at least how could a change in these be sensed?

They were involved in training their futures thought and also realized two futures wheels in which they made a comparison within their present situation and their plausible futures situation in their six personal domains (social, finances, home, health, transport, activities). They reached being capable of do what they desire and which is in their hands. Being positive, tolerant and with self-value. Breathing was a key to connect to them and be prepared to face social reintegration breaking paradigms.

There were four ways of products evaluation: 53 exercises to work in cognitive, emotional corporal and spiritual areas. Of results: many of them said they were feeling as life has recovered sense, getting stronger, flowing, less stressed and happier.

4. What absences were articulated in the process, such that they became 'present' if only in the form of desire, threat or expectation?

They were absolutely sure that everything could be alright, with no changes in the sense of leaving jail and getting back to their family, with no restraints, at their same home and just being a better person. Analyzing their possible futures, they realized that this could change. What if my children don't receive me well? What if at home or at some areas of my people's lives have been changes I haven't be aware of? What if I turn worst than I am here?

5. What relationships (human or otherwise) were the focus of the process, in the sense of thinking about different dynamics in those relationships in future?

- Specially family: “if my kids don’t accept me, if the rest of my family acts different at me” so visioning the possibilities the work was to be prepared for that
- They identify other stakeholders: good friends (mainly the ones that visit them), people they met at jail (two of them were very close friends and want to continue their relationship when leaving; one had a female couple inside jail and think about changing perhaps of couple either woman or man)
- A few of them wanted to be in touch with us, providing their phone number and affirming “when I get out I am going to look for you”