

## **Agreement for incarcerated men or women who want to participate in the Correspondence Course:**

To participate in the One-on-One Houses of Healing Correspondence Course, you must agree to the following. Please check if you agree. Sign and mail to The Lionheart Foundation.

I am able to receive a paperback book through the mail (*Houses of Healing*). (The book will be mailed directly from the publisher – Lionheart Press.)

I can read at a 5<sup>th</sup> grade reading level or above.

I have a pencil or pen, a few pieces of blank paper, a letter-sized envelope, and the money (or indigent support) to mail an envelope with my written assignments back to my facilitator for each of the 13-sessions.

I am willing to spend at least 30 minutes *a day* on course “self-work”. (This will include reading, writing, and relaxation exercises, including meditation.)

I agree to mail my “self-work” assignments back to my facilitator 7 or 8 days after receiving it. I understand there are 13 sessions and these must be completed within 21 weeks. (The course would be completed in 13 weeks within a jail or prison, but to allow for the mail to arrive at both ends, 21 weeks is allotted for course completion.)

I agree and understand that the volunteer facilitator for this course abides by the same rules as a volunteer within a prison or jail.

I understand s/he may not be asked personal questions.

I understand I may not ask my facilitator to give me or send me anything outside of the work that directly relates to the course.

I understand that all communication is through the U.S. mail. All participant sessions and correspondence are sent to The Lionheart Foundation and then forwarded to the facilitator. The facilitator will send sessions directly to you.

I agree/understand that when the 13 sessions are complete, the facilitator and I will no longer have communication. I agree not to write to my facilitator after the completion of the course and I understand s/he will not write to me.

I understand that communication between the volunteer who is facilitating my course and me will be confidential EXCEPT in the following circumstances: I threaten to seriously harm myself or seriously harm someone else. If I communicate either of these circumstances to my facilitator, I understand that s/he is expected to let The Lionheart Foundation know. I understand that Lionheart staff will interpret the fact that I am

threatening to harm myself or someone else as *a call for help* from me and they will then notify my institution.

My participation in this course is completely voluntary. No one in the prison or jail system is requiring me or pressuring me to take this course against my free will.

Name (print) \_\_\_\_\_

Name (sign) \_\_\_\_\_

Mailing address and inmate id # \_\_\_\_\_

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Are you in solitary? \_\_\_\_\_ If not, what type of housing situation are you in?  
\_\_\_\_\_

Are other rehabilitation programs available to you? \_\_\_\_\_

If you are willing to share the following information, The Lionheart Foundation would like to know:

How long have you been in prison/jail? \_\_\_\_\_

How long do you expect to remain there? \_\_\_\_\_

If you are moved to another location, please contact your facilitator as soon as possible to let them know your change of address so that your assignment doesn't get lost in transit. If, for any reason, you decide not to follow through with the Correspondence Course or you cannot complete the course for any reason, *please* let your facilitator know. Thank you!

Mail to:  
The Lionheart Foundation  
P.O. Box 4145  
Dedham, MA 02027

**THE FOLLOWING WILL BE THE PRISONERS' INTRODUCTION TO THE COURSE PRESENTED TO THEM PRIMARILY THROUGH PRISON PERSONNEL.**

## **The Houses of Healing Correspondence Course:**

**An emotional rehabilitation program for incarcerated men and women**

**...If you are weighed down with anger, resentment and fear;**

**...If you want to learn ways to cope more effectively with stress;**

**...If you want to improve your relationship with family or others;**

**...If you want to learn how to experience greater peace, inner power and freedom – then this may be the right course for you.**

Since the Houses of Healing book and program were published (1995), thousands of incarcerated men and women have either read the book *Houses of Healing: A Prisoners Guide to Inner Power and Freedom* on their own (50,000+ copies have been donated to prison libraries) or participated in a Houses of Healing Program within a prison or jail. For many, Houses of Healing has been life-changing...

*Houses of Healing is by far the best class that I know of inside the walls.*

Jake, Coastal State Prison GA

*I read Houses of Healing and loved it. Out of every book that I have ever read, no book has ever touched me the way that this one has.* Juan, St. Brides CC Chesapeake, VA

*HOH helped me to gain a greater perspective on myself and how I've contributed to my situation and my life... The book reached a place in my head that before was pretty buried and unreachable. I came away with a sense of hope for myself and my life that before I had definitely been without... I realize I'm valuable, worth saving, and worth the continued effort.*

Robin, NH State Prison for Women

*For the first time in my life I see progress and that has never been a fact ever before.*

Doug, Billerica House of Corrections MA

The Lionheart Foundation, publisher of the book and program, is now offering a Houses of Healing Correspondence Course. This course is intended for incarcerated men and women who do not have access to rehabilitative programs, in particular for individuals in isolation/segregation or where there is no rehabilitative programming available.

The number of correspondence courses we can offer is limited by the number of volunteers available to facilitate the course. If you are interested and agree to all the prerequisites, we will put you on a list and match you with a facilitator as soon as possible. If you complete all the assignments and the facilitator assesses that you have fully and sincerely participated in the course, you will receive a "Certificate of Participation" at the end of the 13-session course.

The following are some of the prerequisites for signing up for the course:

- You must be able to receive a paperback book through the mail (*Houses of Healing*)
- You must have at least a 5<sup>th</sup> grade reading level
- You must have a pencil or pen, a few pieces of blank paper, a letter-sized envelope, and the money (or indigent support) to mail an envelope with your written assignments back to your facilitator for each of the 13-sessions
- You must be willing to spend at least 30 minutes *a day* on course "self-work" (This will include reading, writing, and relaxation exercises, including meditation)

Participants will work with one "facilitator". The facilitator will send you a new assignment for each of the 13 sessions after s/he receives your "self-work" from the prior session. S/he will read through what you have sent and offer comments or ask questions for you to answer or reflect on. S/he will encourage you as you work through the course.

**Relationship between the facilitator and participant:**

The same rules that apply to volunteers who go into a prison or jail, apply to the volunteers who facilitate the Houses of Healing Correspondence Course. We appreciate that some incarcerated men and women have limited contact with people on the outside. We also appreciate that participants (or facilitators) might want to continue corresponding after the course is over. But unlike a pen pal – and like a course in a prison, when a course is completed, facilitators and participants are required to move on without further correspondence or interaction with each other. We realize this is sometimes sad or difficult as some trust and genuine caring may have been established.

Because we expect that there will be a greater number of incarcerated men and women who would like to participate in the course than volunteer facilitators available to offer it, we want to make sure that you want to fully participate and are willing to abide by the Correspondence Course guidelines. To register and be assigned a facilitator you must agree to all items on the next sheet and return to The Lionheart Foundation. If you feel you cannot fully agree to all items, please do not register at this time.