



WOMEN'S RIGHTS CENTER
CENTAR ZA ŽENSKA PRAVA

UNLOCKING ART



Brošura je dio projekta „Radionice za unapređenje procesa resocijalizacije osoba ženskog pola koje su na izdržavanju zatvorske kazne u Zavodu za izvršenje krivičnih sankcija” koji „Centar za ženska prava” sprovodi u okviru većeg projekta “Usmjeravanje zatvora ka zajednici- sprječavanja zlostavljanja u zatvorima kroz reformu sistema rehabilitacije i resocijalizacije” koji realizuju NVO „Juventas“ i NVO „Akcija za ljudska prava“ (HRA), a finansiran je od strane Evropske unije i Ambasade Velike Britanije. Odgovornost za sadržaj materijala snosi isključivo NVO „Centar za ženska prava”.

The brochure is part of the project “Workshops for improving the process of resocialization of women who are serving a prison sentence in the Institute for Execution of Criminal Sanctions” implemented by the “Women’s Rights Center” within the larger project ‘Community oriented prisons – prevention of ill-treatment in prisons through reform of rehabilitation and re-socialization’ implemented by NGO ‘Juventas’ and NGO ‘Human Rights Action’ (HRA), funded by the European Union and the British Embassy.

Responsibility for the content of this material lies solely with the NGO “Women’s Rights”.

U periodu od juna do decembra 2015. godine, "Centar za ženska prava" realizovao je projekat „Radionice za unapređenje procesa resocijalizacije osoba ženskog pola koje su na izdržavanju zatvorske kazne u Zavodu za izvršenje krivičnih sankcija”.

Analizom trenutnog stanja u kazneno-popravnim institucijama Crne Gore od strane pripadnika NVO sektora došlo se do zaključaka da su postojeći programi resocijalizacije zatvorenika nedovoljno razvijeni, što ima direktan uticaj na nizak procenat uspješne reintegracije u društvo osoba koje su oslužile zatvorsku kaznu, a samim tim i na veliki broj povratnika/-ca. Posebno veliki izazov pred kojim se bivši osuđenici/-ce nađu nakon izdržavanja kazne jeste pronalaženje zapošljenja, odnosno obezbjeđivanje finansijskih sredstava za staranje o sebi. Stigmatizacija od strane društvene zajednice, često nizak stepen obrazovanja i nekvalifikovanost za obavljanje poslova aktuelnih na tržištu rada su faktori koji dovode do toga da veliki broj bivših osuđenih lica ponovo prekrši zakon i nađe se na izdržavanju zakonske kazne.

Iskustva koja "Centar za ženska prava" ima u radu sa osobama koje su iskusile porodično nasilje, kroz programe pružanja psihološke podrške i projekta ekonomskog osnaživanja kroz kreativnu djelatnost, jesu osnova za stvaranje modela programa za rad sa osobama ženskog pola koje izdržavaju zatvorsku kaznu: iako se radi o potpuno različitim društvenim kategorijama, postoji zajednički činilac koji utiče na položaj svih žena u Crnoj Gori, a to je, prije svega, patrijarhalno društveno uređenje koje uči žene da zauzimaju potčinjeni položaj u odnosu na muškarce i negira im ekonomsku jednakost, kao i jednake šanse u pronalaženju zaposlenja i prilikom napredovanja na poslu.

Učestvovanjem u psihološkim i kreativnim radionicama osuđenice su imale priliku da rade na izgrađivanju samopouzdanja i samopoštovanja (karakteristike ličnosti koje često stradaju prilikom izdržavanja zatvorske kazne), razvijanju komunikacionih i socijalnih vještina, unapređenju kvaliteta međusobnih odnosa kao i odnosa sa članovima svojih porodica, savlađivanju vještina rada u grupi, usavršavanju u kreativnim i zanatskim vještinama. Sticanje ovih sposobnosti ima direktan uticaj na stepen kvaliteta njihove resocijalizacije i obezbjeđivanje ekonomskih sredstava za staranje o sebi nakon odsluženja zatvorske kazne.

U okviru projekta, realizovana su dva tipa radionica:

Psihološke radionice su edukativno-terapijske prirode i imaju za cilj da kod korisnica razviju empatičke vještine i da ih obuče da sa drugima komuniciraju na asertivan način. Asertacija podrazumijeva izražavanje misli, osjećanja i uvjerenja na direktan, iskren i adekvatan način uz uvažavanje prava drugih ljudi. Ovladavanje asertivnom komunikacijom korisnicama omogućuje da poštuju same sebe, da znaju kako da saniraju stres, vjeruju u mogućnost konstruktivnog razrješenja konflikta i da se snalaze u konfliktu, da se ne boje da iskažu svoje neslaganje, da razvijaju veći stepen odgovornosti, čak i u teškim situacijama, da imaju više povjerenja u sebe i druge. Kroz ove radionice korisnice stiču uvid u to koji fenomeni utiču na svaku komunikaciju što nadalje doprinosi unaprjeđenju empatičkih vještina koje su neophodne da bi se bolje razumjeli drugi, njihovo ponašanje, osjećanja i potrebe, ali i da bi se razumjela sopstvena ponašanja i izbori. Radionice su kreirane po konceptima Transakcione analize. (Transakciona analiza je teorija ličnosti i komunikacije i sistemska psihoterapija čiji je cilj lični rast i razvoj.)

Kreativne radionice su takođe edukativno-terapijske prirode i njihov cilj je osnaživanje polaznica kroz kreativni rad i njihovo savladavanje osnova zanatske vještine u svrhu unapređenja uslova za njihovu resocijalizaciju. Aktivnosti predviđene radionicom predviđaju osnove slikanja i crtanja u cilju usvajanja znanja o praktičnoj primjeni teorije boja kao i obuku za rad u tehnici dekupaža koja je zbog lakoće savladavanja i ekonomske dostupnosti materijala pogodna za osobe različitog materijalnog statusa i različitog stepena kreativnosti.

Na izložbi koju prati ovaj katalog predstavljeni su radovi nastali na radionicama.



In the period from June to December 2015, Women's Rights Center implemented the project "Workshops for improving the process of resocialization of women who are serving a prison sentence in the Institute for Execution of Criminal Sanctions".

With the analysis of the current situation in correctional institutions of Montenegro, members of NGO sector came to a conclusion that the existing programs of resocialization of prisoners are not sufficiently developed, which has direct impact on the low percentage of successful reintegration of persons who served prison sentence. One of the big challenges that former convicts face is finding employment, i.e. providing financial resources to take care of themselves. Stigmatization by the community, frequently low degree of education and incompetence for doing jobs that are current on the labor market, are factors that make large number of former convicts break the law again and end up serving prison sentence.

The experience that Women's Rights Center has in working with the persons who survived family violence, offering psychological support and economic empowerment through creative activities, are the basis for creating a program model for working with female persons which serve prison sentence. Even though it's about completely different social categories, there's a common factor that impacts the position of every woman in Montenegro, and that is, prior to all, patriarchal social system which teaches women to take subordinate positions in comparison to men, and denies them economic equality as well as equal opportunities in finding employment and progressing in it.

Participating in psychological and creative workshops, female convicts had the opportunity to work on developing self-confidence and self-respect (characteristics of a person which often vanish while serving a prison sentence), developing

communicational and social skills, improving the quality of interpersonal relations as well as relationships with family members, mastering team work skills, perfecting creative and craft skills. Acquiring these abilities has direct impact on degree of quality of their resocialization and providing economic resources to take care of themselves after serving the sentence.

Within the project, two types of workshops were implemented:

Psychological workshops, which are of educational-therapeutic nature, had the aim to develop empathic skills with participants and train them to communicate with others in assertive way. Assertion includes expressing thoughts, feelings and beliefs in direct, sincere and adequate way with respecting the rights of other people. Mastering the assertive communication will enable the participants to respect themselves, learn how to control stress, believe in the possibilities of constructive solving of conflicts as well as to manage conflicts, not to be afraid to express their disagreement, develop higher degree of responsibility even in difficult situations, to have more trust in themselves and others. Through these workshops the participants gained insight into which phenomena impact everyday communication which will further more contribute to improving empathic skills necessary to better understand others, their behavior, feelings and needs as well as to better understand their own behaviors and choices. Workshops were created based on the concept of Transactional analysis. Transactional analysis is the theory of personality and communication and systematic psychotherapy for personal growth and change.

Creative workshops were as well of educational-therapeutic nature, and their goal was to empower participants through creative work and mastering the basics of craft skills in purpose of improving their process of resocialization. Activities envisioned by workshops included basics of painting and drawing with the purpose of adopting knowledge of practical application of theory of colors, as well as training to work with decoupage technique, which because of the easiness of mastering, and economic availability of material, is suitable for persons of different financial status and level of creativity.



















Nevladino udruženje “Centar za ženska prava” osnovano je u Podgorici, 2012 godine . Nastalo je na osnovu dugogodišnjeg iskustva osnivačica u pružanju podrške žrtvama kršenja ženskih ljudskih prava i porodičnog nasilja.

MISIJA

Centar za ženska prava (CŽP) osnažuje žene da se bore za bolji položaj u društvu i pristup pravdi, pružajući im savjetovanje, psihološku i pravnu pomoć. Javnim zastupanjem, monitoringom i promocijom ženskog stvaralaštva, unapređujemo uslove i društvenu atmosferu u kojoj će žene ostvarivati svoja prava.

CŽP se zalaze da rodna ravnopravnost bude jedan od prioriteta Crne Gore u procesu evropskih integracija.

VIZIJA

RODNA RAVNOPRAVNOST, PRISTUP PRAVDI I DRUŠTVO BEZ NASILJA NAD ŽENAMA - NAŠA STVARNOST

NGO ‘Women’s Rights Center’ (WRC) was founded in Podgorica, in 2012. It was established on the basis of the founders’ long-term experience in providing support to women victims of domestic violence and other violations of women’s human rights.

MISSION

Center for Women’s Rights (WRC) empowers women to fight for a better position in society and access to justice, offering them counselling, psychological and legal assistance. Through advocacy, monitoring and promotion of women’s creativity, we are improving conditions and social atmosphere in which women exercise their rights. WRC advocates gender equality as one of the priorities of Montenegro in the European integration process.

VISION

GENDER EQUALITY, ACCESS TO JUSTICE AND SOCIETY WITHOUT VIOLENCE AGAINST WOMEN – OUR REALITY

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Britanska ambasada
Podgorica



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