

Stress Reduction for Prisoners Internship

Composed of people with different relationships to confinement and freedom, The Stress Reduction for Prisoners (SRP) Collective is working to introduce and foster mindfulness, meditation, and stress reduction in prisons. The SRP Collective formed to assist and collaborate with John A. Zurawski, a teacher, yoga instructor, and inmate currently incarcerated in the state of Arizona. Through his practice, John has developed a voluminous collection of stress reduction lessons, grounded in mindfulness and situated within the experiences and challenges of incarceration. It is John's goal to compile his work into a stress reduction activity book for prisoners that could be applied to instituting stress reduction classes within prisons. The SRP Collective is engaged in supporting John to publish and distribute his book.

While The SRP Collective's primary goal is to assist John in writing, editing, publishing and distributing his book, it is also taking up processes and methods of organizing and producing knowledge within unequal conditions of freedom and restraint. In this way, the SRP Collective also represents efforts of community building and resource mobilization from varying positions of punishment and capital. The SRP Collective is seeking a student intern to fulfill a range of responsibilities in direct support and completion of John's book. Under the guidance of Dr. Sheena Brown, Researcher in Health Promotion Sciences at the UA, the intern will play a critical role in the overall efforts of The SRP Collective. Internship functions will include:

1. Completion of human subjects and plagiarism tutorials
2. Typing, editing, and formatting book materials
3. Researching and compiling sources
4. Identifying, communicating, and networking with book publishers
5. Attending all group meetings and participating in organizing efforts
6. Attending every phone call between John and the Communication Coordinator
7. Assisting in identifying and networking with community partners and stakeholders
8. Presenting progress and assessment to the group

Competitive candidates will possess the following skills:

1. Excellent writing, typing and editing skills
2. Task management,
3. Precision and accuracy to set and reach goals,
4. Self-motivate and work under minimal supervision
5. Active listening and constructive communication
6. Willingness to learn and acquire new skills
7. Interpersonal communication skills
8. An interest in mindfulness, meditation, yoga, and prison reform are desired, but not required

This unique opportunity will provide students **3 units of SBS 393 internship credit during Summer Session 1: June 6th through July 7th.**

Interns will be responsible for completing 27 hours of work per week and the specific schedule can be flexible based on student availability. **Interested students should email a one page cover letter explaining why they are interested and resume to Justin Strong at justin.strong2x5@gmail.com. The deadline to submit these materials is Monday, May 16th by 5pm.** Please write "Stress Reduction for Prisoners Internship" in the subject line of your email. If you have any questions about this internship please feel free to reach out to Justin.