

Enneagram Prison Project (EPP)

Founder & Human Potentialist Susan Olesek
with
EPP Ambassadors:

Dustin Baldwin, Troy Phillips, Alex Senegal & Chuck Stubblefield

Board of Parole Hearings | Executive Board Meeting
April 2024

WHO IS EPP?



[WHO IS EPP - \(8:10\)](#)

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***“We are all in a prison of our own
making in the way we suffer our
personalities.” –EPP***

*“The degree of civilization in a society can
be judged by entering its prisons.”*

- Fyodor Dostoevsky

WHY ARE WE HERE?

Presentation Objectives

- **WHO** is Enneagram Prison Project (EPP)?
- **WHAT** is the Enneagram?
- **HOW** has EPP's curriculum proven impactful for those incarcerated?
- **WHY** is this relevant to the Board of Parole Hearings?

FEATURED EPP AMBASSADORS



Dustin Baldwin



Troy Phillips

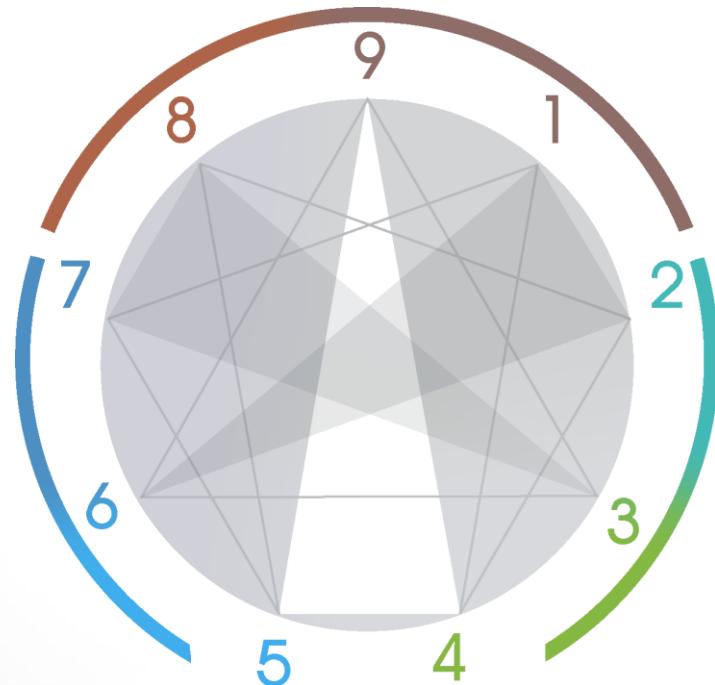


Alex Senegal



Chuck Stubblefield

What Is The Enneagram?



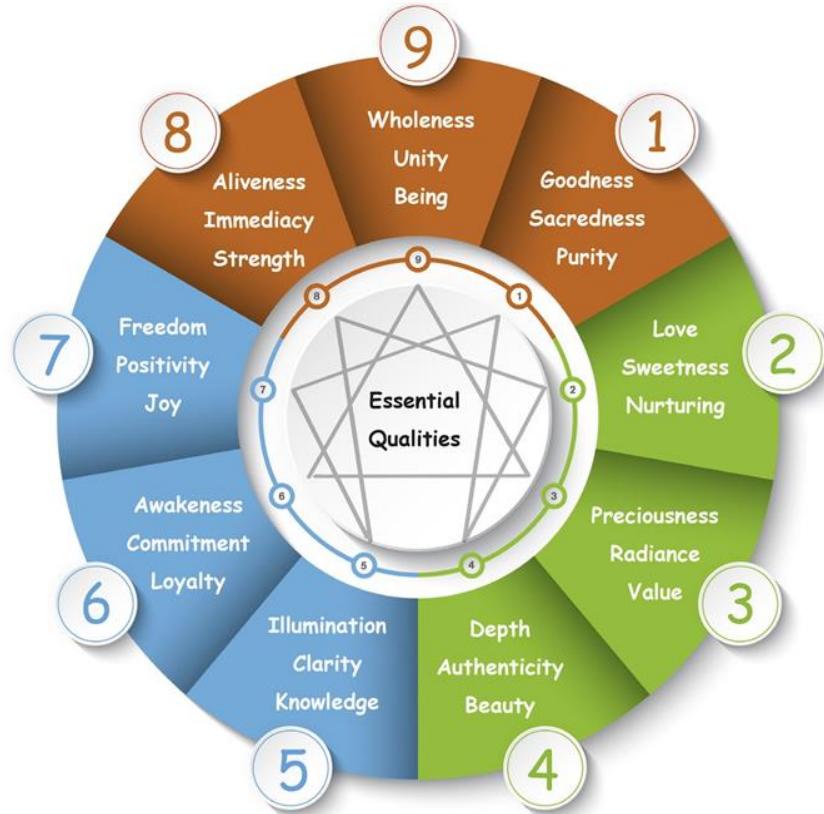
EPP'S Compassionate Curriculum

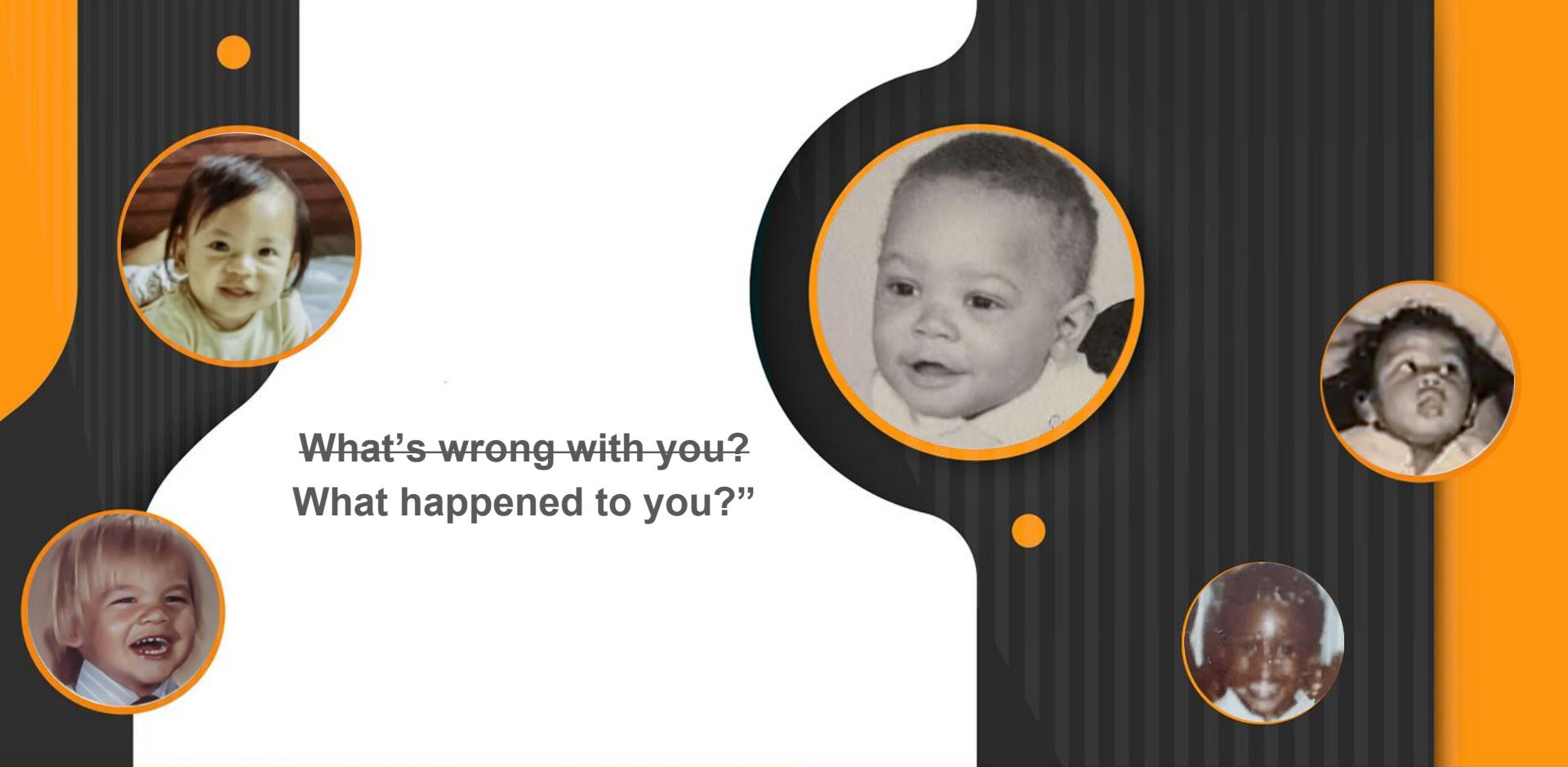


THE ENNEAGRAM

Our Approach...

**“What is right
about you?”**

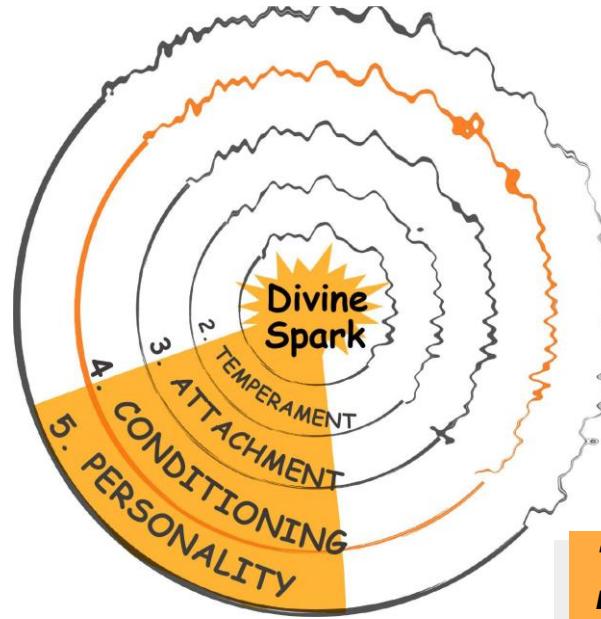




What's wrong with you?
What happened to you?"



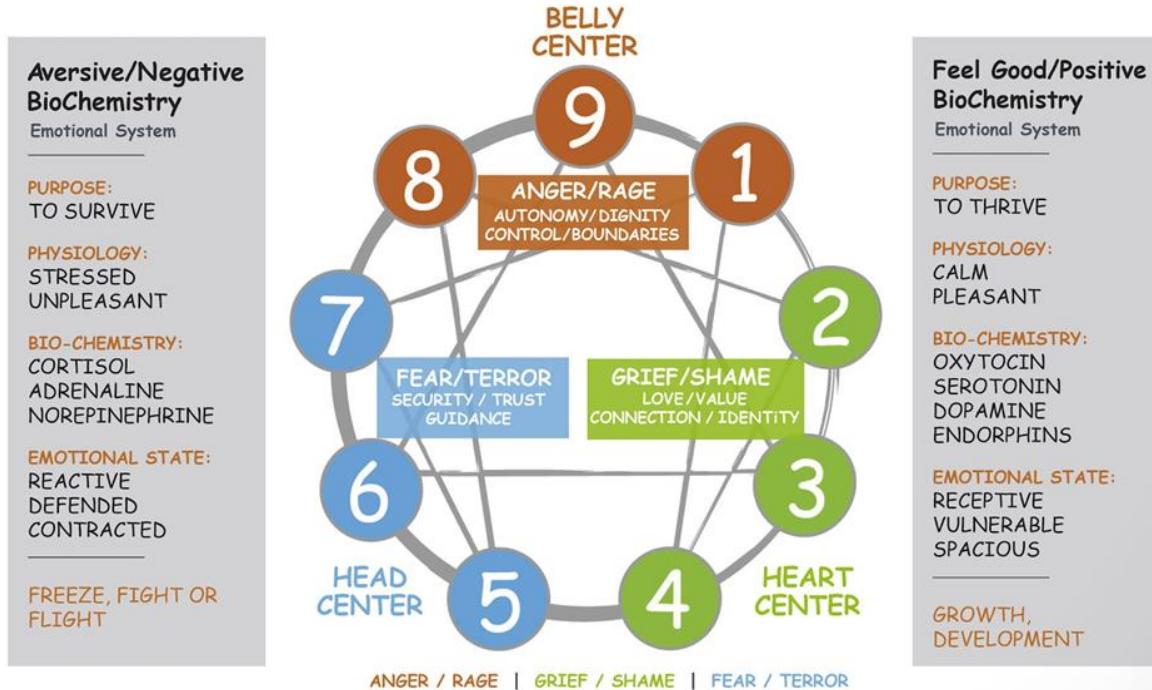
HOW WE DEVELOP A PERSONALITY



"The personality is meant to be a transparent jewel through which the light of the Universe shines."
— A Sufi Saying...

EPP's 3 CENTERS OF INTELLIGENCE EMOTIONAL SYSTEM

Training Materials | Enneagram Prison Project | Includes the Teachings of David Daniels, MD and Jack Killen, MD



The Adverse Childhood Experience (ACE) Questionnaire



Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACES). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACES you experienced and put the *total number* at the bottom.

Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
Your ACE score is the total number of checked responses	

Do you believe that these experiences have affected your health?

Not Much Some A Lot

Experiences in childhood are just one part of a person's life story.
There are many ways to heal throughout one's life.

Please let us know if you have questions about privacy or confidentiality.

5/5/20

ACE Score and RISK

Increased risk with 4 or More Aces:

- 12.2 x as likely to attempt SUICIDE
- 10.3 x as likely to use INJECTION DRUGS
- 7.4 x as likely to be an ALCOHOLIC
- 2.4 x as likely to have a STROKE
- 1.9 x as likely to have CANCER
- 1.6 x as likely to have DIABETES
- 2.2 x as likely to have HEART DISEASE

Increased risk with 6 or More Aces:

- Are at risk of their lifespan being shortened by 20 years

(Source: Center for Youth Wellness Peaceful Households 2020)



AVERAGE ACE SCORE vs. EPP STUDENT SCORE

1997 ACE Results*

36% 0 ACEs	6.24% 0 ACEs
26% 1 ACEs	7.76% 1 ACEs
16% 2 ACEs	7.67% 2 ACEs
9.5% 3 ACEs	8.83% 3 ACEs
12.5% 4+ ACEs	69.49% 4+ ACEs

EPP ACE Results

*SOURCE: Dr. Robert Anda, CDC & Dr. Vincent Felitti, Kaiser Permanente, 1997

**“It’s not why the addiction,
but why the pain?”**

—Dr. Gabor Maté
Author, Speaker
EPP Advisory Board Member

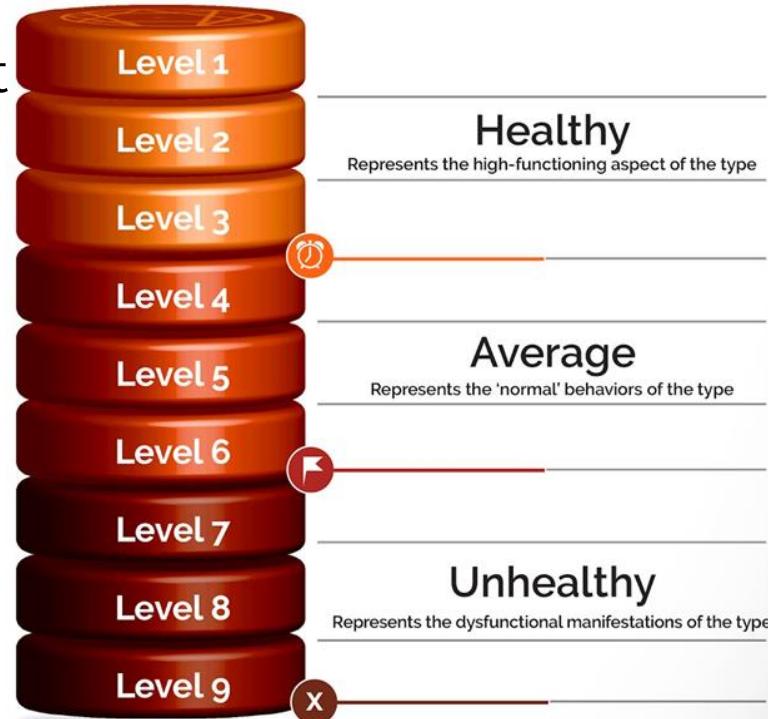


LEVELS of Development

The Levels of Development offer a way of observing and measuring our degree of identification with our personality structures.

It reflects the complexity of our human nature, the ever-changing states within our type, and accounts for the 'vertical' dimension of an otherwise horizontal categorical system.

Note: The 9 levels are not to be confused with the 9 types of the Enneagram.



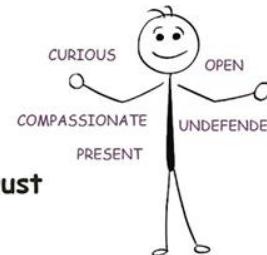
EMOTIONAL RESPONSIBILITY COMMITMENT

**A willingness to take 100%
emotional responsibility for
ourselves.**

**Where your
attention goes
your energy
follows.**

ABOVE/BELOW THE LINE

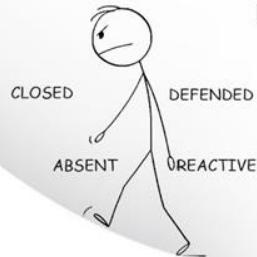
ABOVE THE LINE : Acceptance & Trust
Presence / Curiosity / Growth & Learning

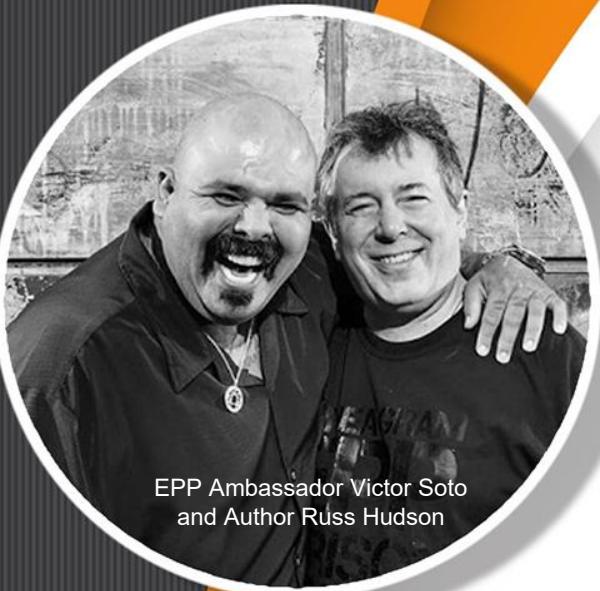


THE LINE OF CHOICE

THE LINE OF CHOICE

BELOW THE LINE : Resistance & Toxic Fear
Drama / Defensiveness / Scarcity





EPP Ambassador Victor Soto
and Author Russ Hudson

OUR MISSION

To understand why we do what we do using the Enneagram to inspire transformation on both sides of the bars through:

Self-Awareness
Self-Regulation
Self-Compassion

We do the work together.

OUR VISION

Freeing
people – all
over the
world – from
the prisons
of our own
making.

- California
- Colorado
- Illinois
- Kentucky
- Minnesota
- South Carolina
- Washington



- Australia
- Belgium
- Canada
- England and Wales
- France
- United States

“In Norway everyone will be released and be your neighbor.”
- Are Høidal

Former governor of the Oslo and Halden prisons, Norway
Norwegian Correctional Services for 37 years

***“EPP was the safest place
for me in prison.”***

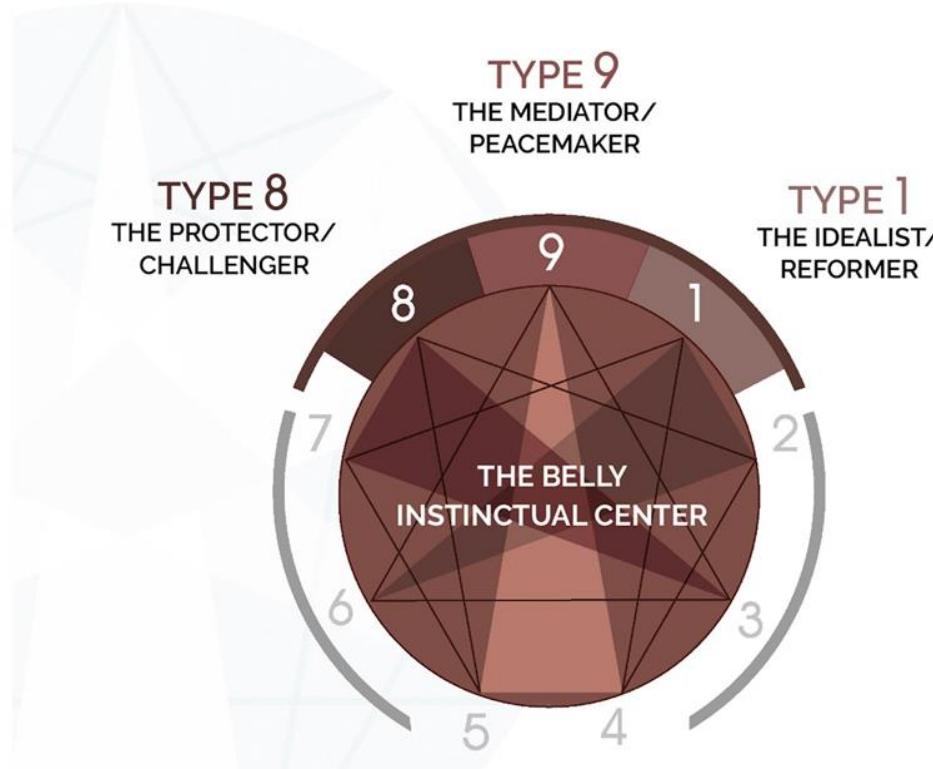
Chuck Stubblefield

EPP Ambassador



We Are EPP





ANGER/RAGE
INSTINCTIVE | SENSING | BELLY > SEEKS INDEPENDENCE, AUTONOMY

TYPE 8 OVERVIEW

Powerful, Dominating, Self-Confident,
Decisive, Willful, Confrontational

Essence:	Strength, Aliveness, Immediacy
Overall Quality:	Expansiveness
Super Power:	Truth-Telling
Basic Fear:	Of being harmed or controlled
Basic Desire:	To protect oneself
Passion:	Lust
Fixation:	Objectifying
Attention Goes To:	Power & Control
Self Image:	"I am strong."
Avoidance:	Vulnerability
Defense Mechanism:	Denial
Key to Freedom:	Innocence

TYPE 9 OVERVIEW

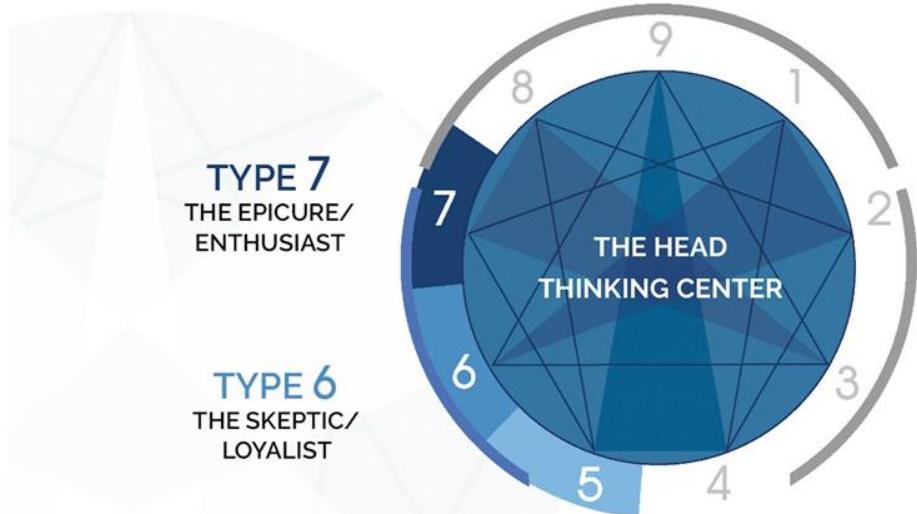
Pleasant, Self-Effacing, Receptive,
Reassuring, Complacent, Resigned

Essence:	Unity, Being, Wholeness
Overall Quality:	Self-Effacement
Super Power:	Diplomacy
Basic Fear:	Loss of connection
Basic Desire:	To be at peace
Passion:	Inertia
Fixation:	Daydreaming
Attention Goes To:	Environmental claims
Self Image:	"I am harmonious."
Avoidance:	Conflict
Defense Mechanism:	Narcotization
Key to Freedom:	Right Action

TYPE 1 OVERVIEW

Rational, Idealistic, Principled,
Purposeful, Self-Controlled

Essence:	Goodness, Purity, Sacredness
Overall Quality:	Alignment
Super Power:	Discernment
Basic Fear:	Being bad, corrupt, evil, or defective
Basic Desire:	To have integrity
Passion:	Angry resentment
Fixation:	Judging
Attention Goes To:	Correcting, improving
Self Image:	"I am right."
Avoidance:	Direct anger
Defense Mechanism:	Reaction Formation
Key to Freedom:	Serenity



FEAR/TERROR

THINKING | HEAD | SAFETY > SEEKS STABILITY IN THE ENVIRONMENT

TYPE 6 OVERVIEW

Committed, Security-Oriented, Engaging,
Responsible, Anxious, Suspicious

Essence:	Awakeness, Loyalty, Commitment
Overall Quality:	Alertness
Super Power:	B.S. Detector
Basic Fear:	Of being without support or guidance
Basic Desire:	To be secure
Passion:	Angst
Fixation:	Worry and doubt
Attention Goes To:	Worst case scenario
Self Image:	"I am loyal."
Avoidance:	Rejection and betrayal
Defense Mechanism:	Projection
Key to Freedom:	Courage

EPP'S IMPACT

- 400+ 8 module (24 hour) Courses Taught
- 5,000+ Students Graduated
- Nearly 10,000 Hours of Classes Completed
- 11 EPP Ambassadors

WRAP-AROUND SERVICES AND PUBLIC PROGRAMS

- Ambassadors In Mentorship (AIM Program)
- Re-connection - Virtual Program
- Enneagram Inside Out (EIO) Program - in Person Program
- The Human Potentialists (THP) Guide Training Programs
 - 9PrisonsONEKey (9P1K)
 - Path to Freedom (PtF)
 - Instincts



“For many, EPP provides a forum where incarcerated people engage in self-discovery with the support and encouragement of others. A safe place surrounded by compassionate and committed people.

To be sure and as its founder acknowledged, there is nothing necessarily magical about Enneagram Prison Project. But EPP provides a nurturing foundation in which magical transformations do happen.”

Cliff Kusaj, Psy.D., Former Chief Psychologist
Board of Parole Hearings
Forensic Assessment Division
Department of Corrections and Rehabilitation



May 8th
EPP Community Day
At San Quentin Rehabilitation Center
12:00-3:00 p.m.



Democratizing the Enneagram
for the Greatest Human Good

“Founded in 2021, The Human Potentialists (THP) is a benefit corporation with a vision to democratize the Enneagram for the greatest human good. THP is an expression of what I learned in prison, which is that we are all in a prison of our own making in the way that we suffer our personalities. **THP is the bridge, bringing this work from the inside out.**” - Susan Olesek



FREEING PEOPLE - ALL OVER THE WORLD -
FROM THE PRISONS OF OUR OWN MAKING

ENNEAGRAMPRISONPROJECT.ORG
FREEING PEOPLE — ALL OVER THE WORLD — FROM THE PRISONS OF OUR OWN MAKING



We offer a compelling, paradigm-shifting approach to in-custody programming and reentry, or “reconnection”, services.