

# 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 - \(8:10\)](#)

[Download](#)

***“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

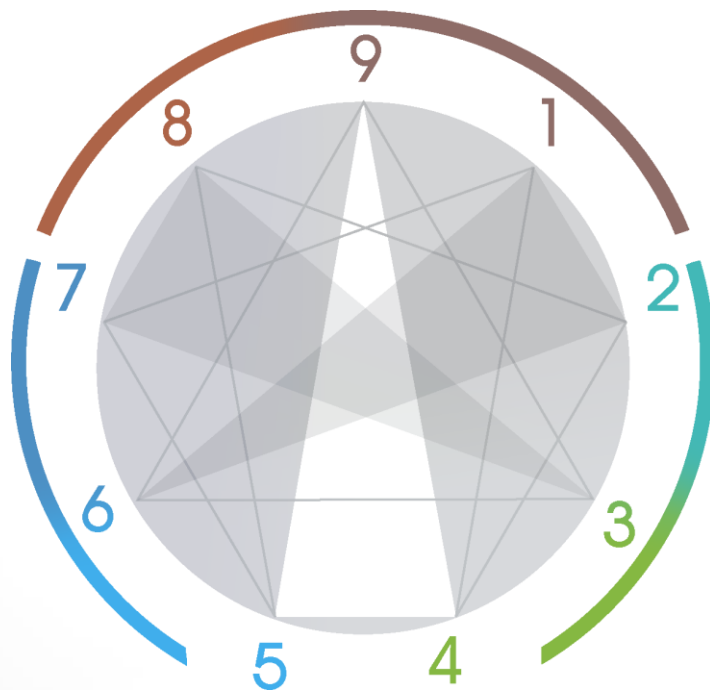


Alex Senegal



Chuck Stubblefield

# What Is The Enneagram?



# EPP'S Compassionate Curriculum





# THE ENNEAGRAM

Our Approach...

**“What is right  
about you?”**

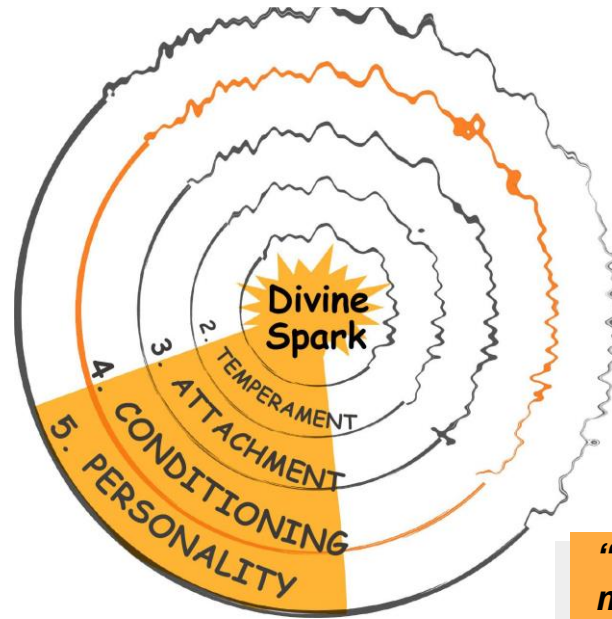




What's wrong with you?  
What happened to you?"



# 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

### Aversive/Negative BioChemistry

Emotional System

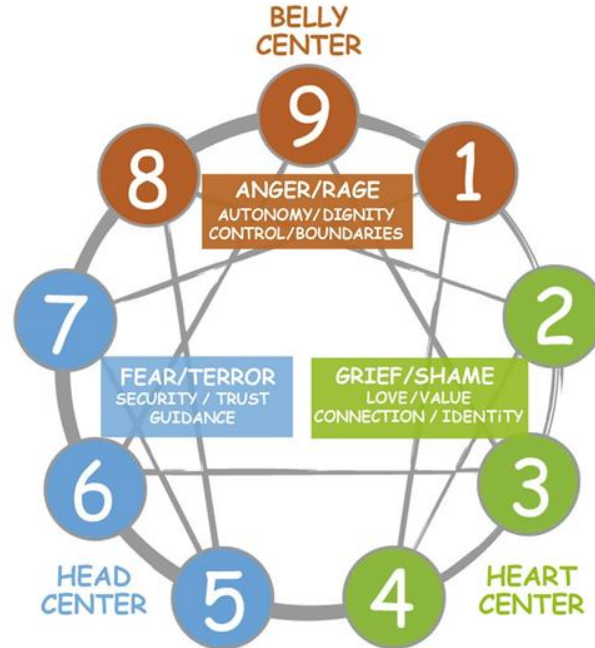
**PURPOSE:**  
TO SURVIVE

**PHYSIOLOGY:**  
STRESSED  
UNPLEASANT

**BIO-CHEMISTRY:**  
CORTISOL  
ADRENALINE  
NOREPINEPHRINE

**EMOTIONAL STATE:**  
REACTIVE  
DEFENDED  
CONTRACTED

**FREEZE, FIGHT OR  
FLIGHT**



### Feel Good/Positive BioChemistry

Emotional System

**PURPOSE:**  
TO THRIVE

**PHYSIOLOGY:**  
CALM  
PLEASANT

**BIO-CHEMISTRY:**  
OXYTOCIN  
SEROTONIN  
DOPAMINE  
ENDORPHINS

**EMOTIONAL STATE:**  
RECEPTIVE  
VULNERABLE  
SPACIOUS

**GROWTH,  
DEVELOPMENT**

ANGER / RAGE | GRIEF / SHAME | FEAR / TERROR  
AUTONOMY / DIGNITY | CONNECTION / LOVE | SECURITY / TRUST

# The Adverse Childhood Experience (ACE) Questionnaire

Adverse Childhood Experience Questionnaire for Adults  
California Surgeon General's Clinical Advisory Committee

aces aware  
SCREEN. TREAT. HEAL.

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 18<sup>th</sup> 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"/> |
| <b>Your ACE score is the total number of checked responses</b>  |                          |

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  
26% 1 ACEs  
16% 2 ACEs  
9.5% 3 ACEs  
12.5% 4+ ACEs

## EPP ACE Results

6.24% 0 ACEs  
7.76% 1 ACEs  
7.67% 2 ACEs  
8.83% 3 ACEs  
69.49% 4+ ACEs

\*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



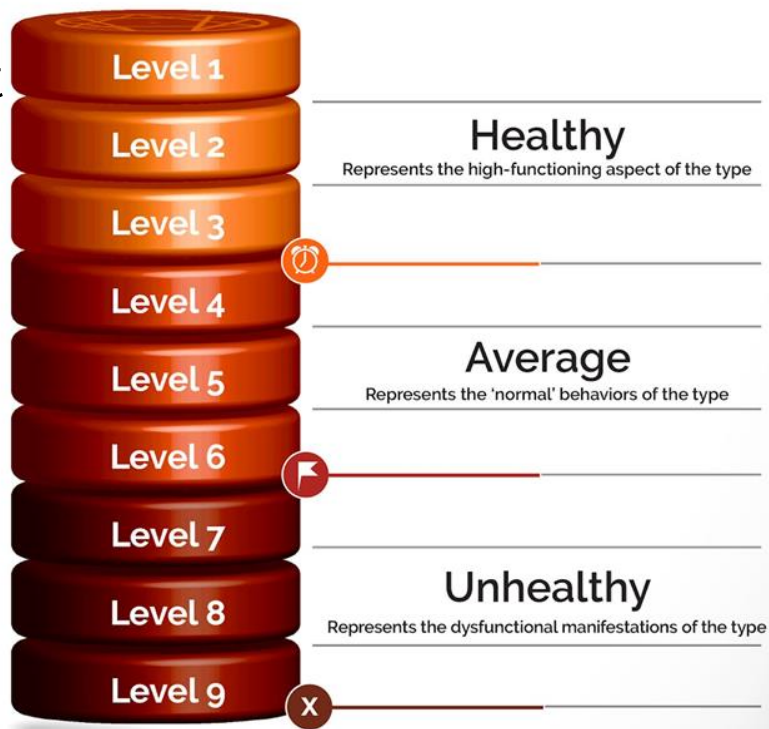


# LEVELS of Development

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

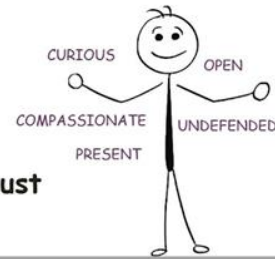
**A willingness to take 100% emotional responsibility for ourselves.**

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



# ABOVE/BELOW THE LINE

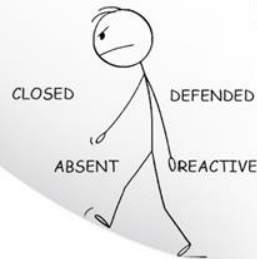
**ABOVE THE LINE : Acceptance & Trust**  
Presence / Curiosity / Growth & Learning



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

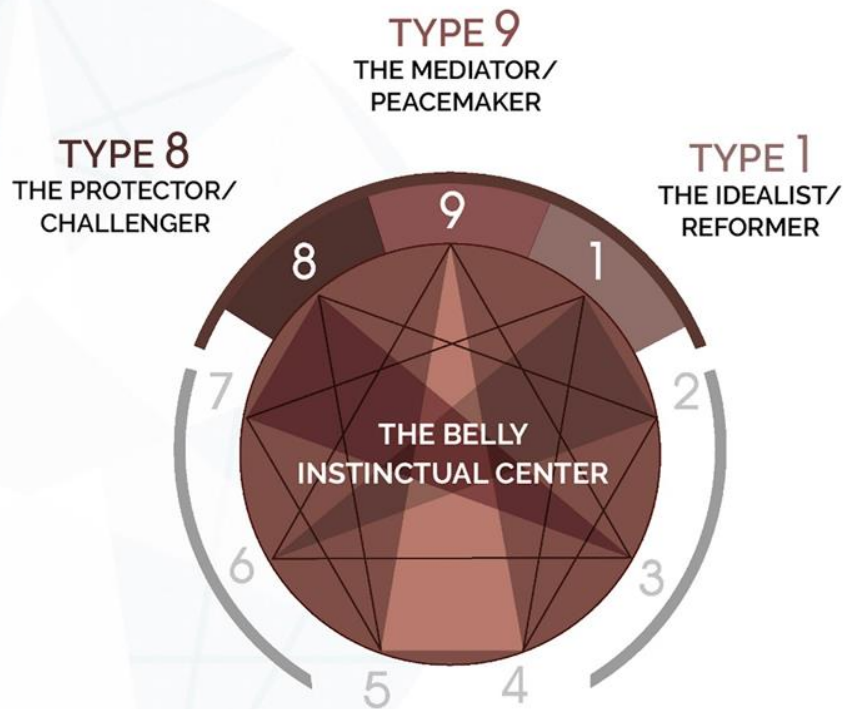
EPP Ambassador





# 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                               |



**TYPE 7**  
THE EPICURE/  
ENTHUSIAST

**TYPE 6**  
THE SKEPTIC/  
LOYALIST

**TYPE 5**  
THE OBSERVER/  
INVESTIGATOR



**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
  - gPrisonsONEKey (gP1K)
  - 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.