

2023 PRESENTATION



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

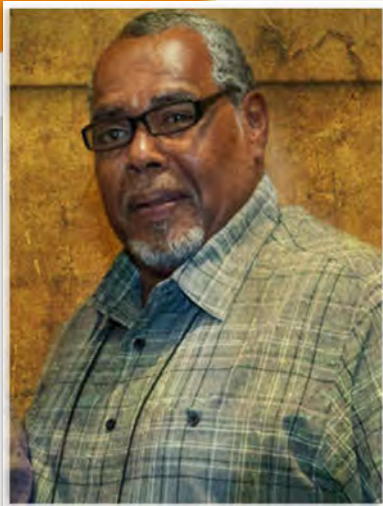
This Presentation Prepared for:

California Jail Program Association (CJPA)

Spring Conference

Capture QR Code to take
Enneagram Test





Alex Senegal
Ambassador/Board
Member



Sue Lambert
Faculty/Guide/Ambassador



Rick Olesek EPP
Executive Director



Jason White
EPP Guide

Why Are We Here?

WHO IS EPP?

EPP is a non-profit dedicated to the self-awareness education of the incarcerated using the Enneagram.

"The Enneagram introduced Alex to Alex. It introduced me to my true self, my true nature, to my being. Through the Enneagram I was introduced to how I would operate out of survival mode, I really thought that was just who I was, who I just had to be. My true nature in my environment, that person I don't think could have survived. I know in my belief system, the person who I truly am, the kind, compassionate, patient, considerate, thoughtful individual, I thought that person was weak and would be laughed at and rejected. So I couldn't be him for sure. So I put on the mask and created the personality that I believe was going to help me survive my environment. So the Enneagram introduced Alex to Alex."

Alex Senegal
EPP Ambassador and Board Member



EPP Ambassador and Board member Alex Senegal and EPP Board Member Lance White

OUR VISION

FREEING PEOPLE

- ALL OVER THE WORLD -

FROM THE PRISONS OF OUR OWN MAKING

DOING THE WORK TOGETHER
TRANSPARENCY



EPP Founder
Susan Olesek

FLEXIBILITY

LOVE

COMPASSION

DEIAB

INTEGRITY

GRATITUDE

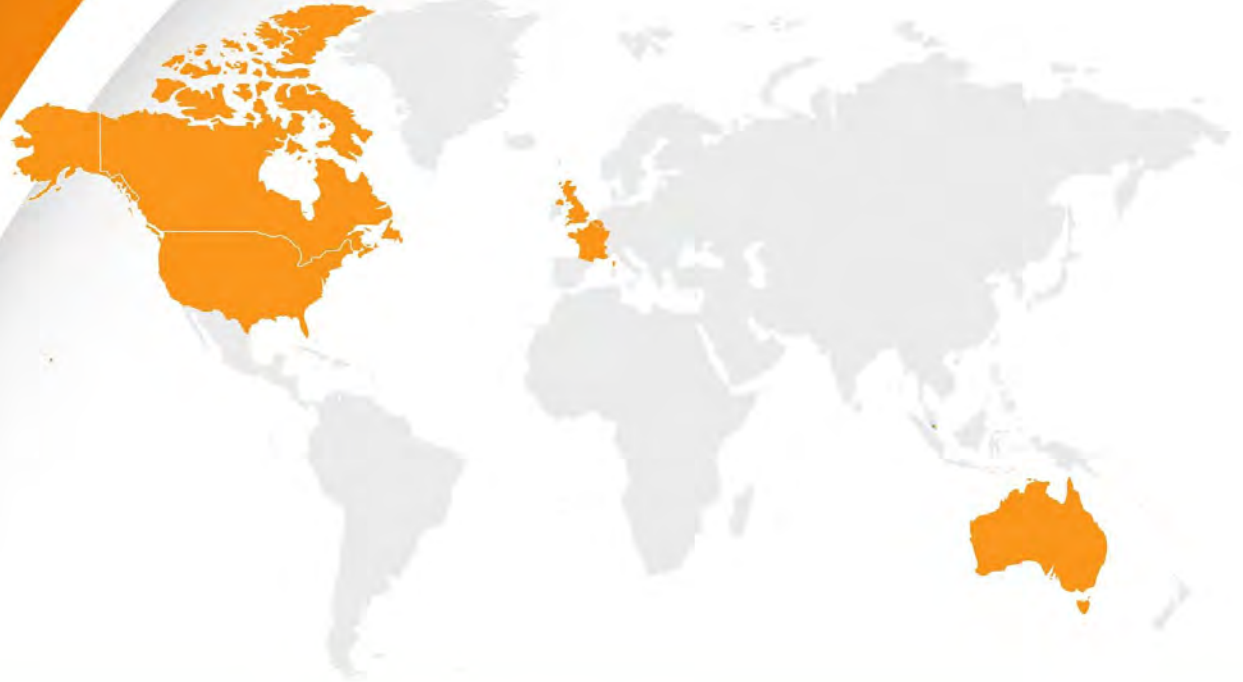
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EPP's Global Presence

EPP is expanding into new Prisons and Jails in the United States and around the world!

- United States
- Belgium
- France
- United Kingdom
- Australia
- Canada



WHERE WE PROGRAM

USA

- Central California Women's Facility (Chowchilla)
- Cook County Jail (Illinois)
- DuPage County Jail (Illinois)
- Louisville Jail (Kentucky)
- R J Donovan State Prison (California)
- San Mateo County Jail (California)
- San Quentin Prison (California)
- Santa Clara County Jail (CA)
- Sterling Correctional Facility (Colorado)
- Santa Cruz County Main Jail (California)
- Shakopee Women's Prison (Minnesota)

INTERNATIONAL

- Belgium : Lantin, Andenne, St Hubert, Jamiloux, Tournai, Leuze, Marche
- Canada: Saskatchewan
- England: Stockton-on-Tees
- France Nanterre. Fresnes & La Santé





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.

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OUR APPROACH

Our approach is to help incarcerated humans to navigate those **unconscious cognitive, emotional, and behavioral patterns** which – we know – underlie virtually everything we do.

We use the Enneagram system much like a map of ego structures and consider our teachers helpful guides who support our students in navigating their inner terrain. **We do this by reflecting the light we see in people back to themselves illuminating a path they can reliably follow.** We empower people to find their way back to their own innate intelligence and wisdom, to remember their best selves.



THE ENNEAGRAM

Our Approach...

The Enneagram shows us many things about ourselves. When we first introduce the system we focus on **“What is right about you?”**

The **“Essential Qualities”** are the gifts we learn from each type.

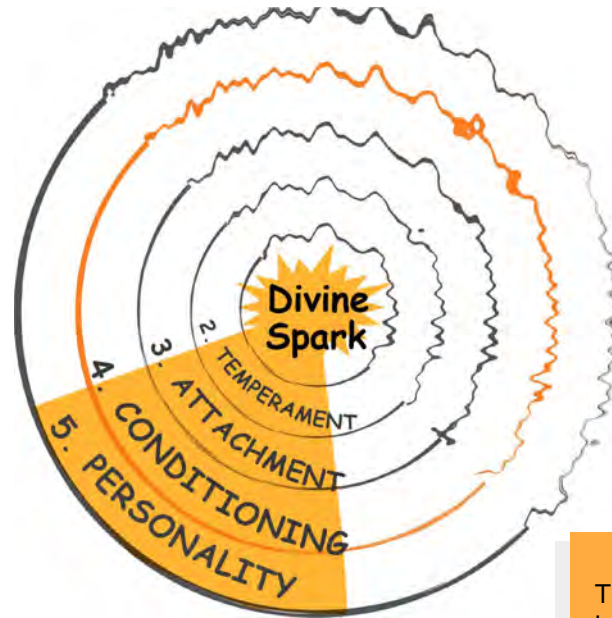


HOW WE DEVELOP PERSONALITY

The Divine Spark, temperament, and how we are nurtured, determine how we develop a personality structure. Studying the Enneagram gives us permission to loosen the habitual ways of thinking, feeling, and behaving wired into our type structures as well as conditioned by our environments.

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

— A Sufi Saying...



The **distorted rings** of this half of the circle highlight our development when subjected to environments of unconscious, hurtful, neglectful, unattuned and abusive caregiving.

EMOTIONAL RESPONSIBILITY COMMITMENT

We are an organism that generates emotions, and we create the feelings we feel, as a result of the emotions we have generated.

Therefore, it is only WE who can take responsibility for what we feel, for what is happening to our INNER STATE at any given point in time.

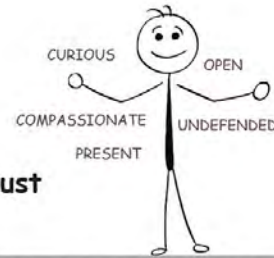
- We create our own emotional reactions, and hence our feelings.
- We can learn to take responsibility for our feelings, as well as our thoughts and actions.
- Taking responsibility for our reactions and feelings means that we are accountable to ourselves for our own emotional well-being and our inner states of being.



ABOVE/BELOW THE LINE

The Above/Below the Line model relates to our responses in particular situations and whether we are consciously choosing them or acting out of emotional reactivity or unconscious habit.

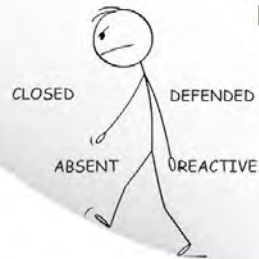
ABOVE THE LINE : Acceptance & Trust
Presence / Curiosity / Growth & Learning



THE LINE OF CHOICE

THE LINE OF CHOICE

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



PRESENCE PRACTICE

Purpose: To develop self-awareness and the ability to reconnect with one's self intimately training the self-observer to witness the inner states that are present at any given moment.

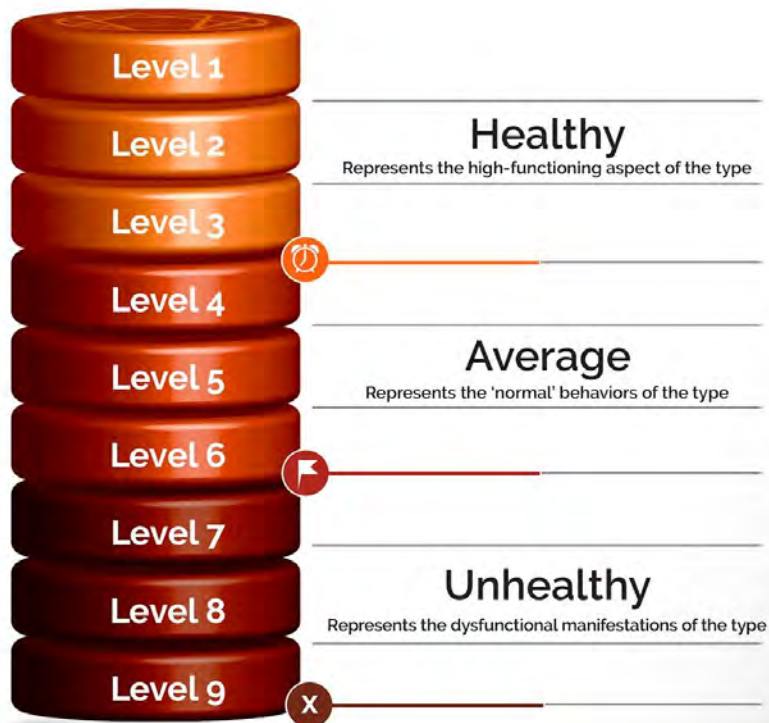
Background: To develop self-awareness and self-understanding requires a good self-observer.

ENNEAGRAM LEVELS

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.



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

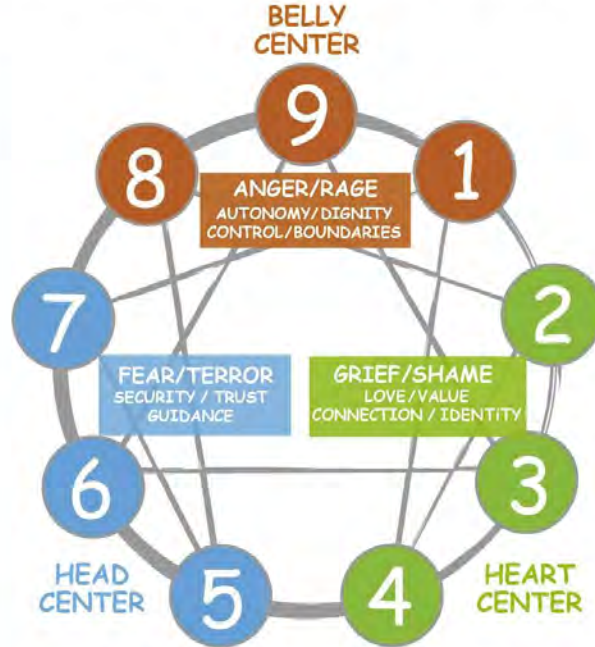
PURPOSE:
TO SURVIVE

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

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ESSENCE OF OUR PROGRAM



- Learning what is “RIGHT” about us through the Enneagram
- What Happened To you?
- ACE (Adverse Childhood Experience) Study
- Understanding of trauma and resilience
- Compassionate approach to addiction - inspired by EPP Advisory Board Member - Dr. Gabor Maté
- Biography in the 3rd person
- Connecting the dots
- Textbook: Wisdom of the Enneagram
- 24 Hours of curriculum
- Course flexibility and customization per facility (eg: 8, 10, 12, 20 week programs -or- compressed schedules over 4-7 days).



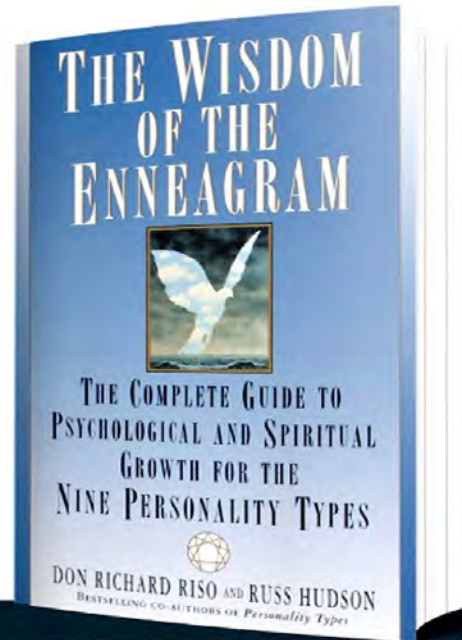
EPP GLOBAL IMPACT

- 350+ Courses Taught
- 4,500 Students Graduated
- Nearly 10,000 Hours of Classes Completed
- 12 EPP Ambassadors
- Ambassador in Mentorship (AIM) Program
- Enneagram Inside Out (EIO) Reentry Program
- Reconnecting Program



OUR TEXTBOOK

EPP Partner and Content
Contributor



RUSS HUDSON
RUSSHUDSON.COM

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

EPP GUIDES - A PAID, TRAINED WORKFORCE

Individuals who facilitate our In-Custody and Public Programs are not volunteers, they are PAID contractors. EPP Guides are vetted and selected by faculty to undergo vigorous training to certify for EPP Guideship.

In addition, EPP invites participants of our Public Programming, to become EPP Community Builders. This volunteer group support the organization behind the scenes in multiple areas.



*“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 Susan Olesek 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., Chief Psychologist
Board of Parole Hearings
Forensic Assessment Division
Department of Corrections and Rehabilitation



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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



Thank You!

Capture QR Code for more information.

