

# EPP ENNEAGRAM PRISON PROJECT

**FREING PEOPLE ALL OVER THE WORLD  
FROM THE PRISONS OF OUR OWN MAKING**



***“When we give people this incisive psychological tool and the loving support they need to unpack what happened to them, they do something that no one expects them to do... they begin to heal.”***

**Susan Olesek  
EPP Founder**

## **WHO WE ARE**

At EPP we see the light in people. We understand that hurting people hurt people. We know that when given a safe space, a skilled guide, and an incisive tool like the Enneagram, we can transform our thoughts, beliefs, habits, people, families, society, and our system of incarcerating people. We know this because we witness these changes daily.

## **WE ARE ON A 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, and self-compassion; we do the work together.

## **OUR VISION**

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

## **WHAT IS THE ENNEAGRAM?**

A psychological system brought to Stanford University in the 1960's the Enneagram is an incisive self-awareness tool that identifies the unconscious cognitive, emotional, and behavioral strategies that underlie virtually everything we do. Taught worldwide to individuals, business leaders, spiritual directors, and - at last - to the incarcerated, EPP brings the Enneagram to those whom we feel may need it the most.



***“I’ve learned things I’ve waited my entire life to learn about myself in just 12 weeks.”***

**TYPE 7 - ELMWOOD CORRECTIONAL FACILITY**

***“I’m back for a second EPP class because THIS REALLY WORKS. I was a bit skeptical at first, but this ended up changing my life.”***

**TYPE 1 - SHAKOPEE CORRECTIONAL FACILITY**



## OUR GOALS

- Lower Recidivism
- Transform Our Correctional System from a Place of Punishment to One of Healing

Rehabilitation happens from the inside out. Using the Enneagram and our progressive curriculum as a road map to ourselves, the incarcerated have a chance to see and understand the thought processes, emotional drives, and behaviors that drove them to incarceration. With the guidance of EPP's caring guides, these men and women can begin to make different choices, transforming themselves and the criminal justice system at the same time.

## OUR METHOD

Our approach is to help people navigate those unconscious habits that are running them. We use the Enneagram system much like a map of ego structures, and we 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 use their own innate intelligence and wisdom to remember their best selves.

## OUR APPROACH



Compassion is at the core of EPP and reflected throughout our curriculum which includes attachment theory, the Adverse Childhood Experiences (ACE) study, trauma resolution, and

a focus on recovering the emotional losses of childhood through re-parenting. In support of our work is EPP Advisor Dr. Gabor Maté, internationally known, best-selling author and medical expert on addiction and trauma whose compassionate approach to addiction has deeply informed our work in the field.

*"It's not the addiction that's the problem, it's a person's attempt to solve a problem that started in childhood. The real question is not why the addiction, the real question is why the pain?"*

**To learn more visit our website or contact us at:  
[info@enneagramprisonproject.org](mailto:info@enneagramprisonproject.org) • 408 600 0074**



- In 2015 Enneagram Prison Projects (EPP) recidivism rate was 5.35% in Santa Clara County Jails and 10% in San Mateo county jails compared to a 68% recidivism rate nationally.

- Wait lists for the EPP program have formed at every facility where we program.

- EPP students started earning time off their sentences by participating in EPP programs.

- Judges requested to see EPP curriculum materials from graduates in their courts.

- Members of the correctional staff attend EPP classes at the reentry center during their off-hours.

*"EPP quickly became the most requested, popular, and discussed elective offered within Elmwood's Regimented Correctional Program (RCP). I believe that EPP's success lies in providing inmates a unique opportunity to learn about their own behavior and motivation. EPP is able to connect with inmates in a deeply individual manner. Classmates who have completed the class feel safe to discuss personal matters with one another that, in turn, continue to reveal insights into themselves; for this to happen in a custody setting is significant."*

Winston Chew, Rehabilitation Officer Program Unit,  
Santa Clara County Office of the Sheriff



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P.O. Box 804 Los Gatos, CA 95031