Simon Fulford,
Chief Executive,
Khulisa

Rehabilitation and reducing reoffending for prisons, probation, charities and voluntary organisations
Creativity & Identity
in the lives of
prisoners & ex-offenders

PrisonerActionNet Conference
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Chief Executive
Khulisa – Who are we?

**Khulisa SA** 16 year heritage

- UN Office of Drugs & Crime Award 2006 for “best-practice model [of] transformational social impact”

**Khulisa UK** history & accomplishments:

- Butler Trust Commendation (Milestones project, 2011)
- NOMS PSO4350 – Effective Regime Intervention status (2012)
- YJB Library of Effective Practice (2013)
- GLA *Project Oracle* Youth Evidence Hub Award (2013)
- Mentoring & Befriending Foundation APS Award (March 2014)
- Advisor to Centre for Justice Innovation
- Cabinet Office ICRF & Rehabilitation Social Action Fund support

“*Silence the Violence demonstrates significant statistical improvement in participant coping skills and empathy, personal distress, anger management and aggression*”

*Dr. Nicola Graham-Kevan University of Central Lancashire & President of The International Family Aggression Society, 2011*
The reason I went like this is because I had problems at home and I took it out on my boyfriend. I put him in the water and it was nothing to do with him. I was self-harming and one day I sent a text to him saying, 'I love you.' He said okay, so I went to say good life and that I wanted to kill my self. I ran it over, that I was too late, I looked my best. I soon realised, I want to say too late; he was my best friend.
Khulisa – What we do & How we do it

‘Silence the Violence’ (STV) programme:
- 5 day programme (high impact, therapeutic behavioural change)
- Group dynamic (sharing, the power of witness)
- Mix of creative approaches (art, mask-making, drama, narrative, visualisation)
- Therapeutic process (linking drama therapy, CBT, psychosocial models etc)
- Holistic model (body & mind, left/right brain, conscious/unconscious)
- Creatively mapping the personal journey (my identity – true self vs. mask)

Art, drama, narrative*

Strengths based (GLM-D)*

Addressing internal conflict* (CBT etc)

Person-centred, therapeutic, promoting individual self efficacy* & improved coping strategies

*Pennebaker (2004); Jennings (various); White/Epston (various) Gilligan (various): Butler et al (2006); Ward (2004/-07); Bandura (2007)
Creativity, identity & desistance

- Drama (subconsciously accessing memories, playing out the trauma)
- Mask & hat-making (subconscious access of archetypes & true identity)
- Narrative (telling my story, making the links, being heard/valued)
- Visualisation (who I can be)
- Therapeutic process (rituals, boundaries, safety, link to conscious/CBT)

Creativity
- Unlocking
- Accessing
- Witnessing
- Owning

Identity
- Defining (different masks)
- Refining (true self)
- Choosing (forward focus)

Desistance
- Re-integration
- Responsibility
- Coping safely
Acknowledging
- Offenders have the same needs as us – belonging, relationships, skills, purpose, security, autonomy, self-worth
- Anti-Social Behaviour stems from lack of internal skills / external support

Role-modelling
- Pro-social behavior, alternative coping strategies, restorative dialogue
- Consistency – motivating, listening, encouraging, ‘walking the talk’

Sustaining & motivating
- Towards desistance from crime - Focus on appropriate ways to meet needs
- Consistently build confidence, self-efficacy, self-esteem, resilience

In practical terms, this means…

“I have a lot of offenders who have done this course and they all remark how good and effective it was for them”

Karen Pilkington – Greater Manchester Probation Trust, 2014
**What’s the outcome for participants?**

**Participants enhance/increase:**
- Personal understanding of violence (triggers) & origins (past trauma)
- EQ – empathy, awareness of self & impact of violence (self/others)
- Communication skills (listening, non-violent responses)
- Coping skills (recognise, reflect, avoid and cope in high risk situations) (+37% CSQ Roger, Jarvis & Bahman)
- Confidence - self-esteem, self-worth, self-respect
- Personal responsibility (making amends, apologies, choices)
- Nurturing relationships, opportunities (education, employment, etc)

**Participants reduce:**
- Violent/aggressive tendencies (-40% AQ Buss & Perry)
- Re-offending (14% for Milestones graduates, Nacro 2010 short-term study)

“**As someone who has spent over 19 years in custody, and completed numerous personal development courses I can honestly say that the course is the most beneficial and best delivered course that I have experienced”**

*Ex-Offender 2011*
Participants engage in *Silence the Violence* to understand their offending behaviour, triggers & motivations.

On-going support via *Milestones mentoring* helps build empathy & aspiration to focus on a crime-free future.

Aided & monitored through restorative & solution-focused mentoring; pro-social modelling, sign-posting, referrals to employment, partners etc.

*Rehabilitation - Resettlement – Desistance*

*a sustainable model to support probation in reducing re-offending*
Thank You

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