

GRIP TRAINING INSTITUTE

Metrics & Evidence of Success

The success of the GRIP program in reducing/preventing violence and changing the attitudes and behaviors of people incarcerated for violent crimes is backed up by stories of success and our recidivism data. Some findings from published, scholarly articles about GRIP include:

- Significant increases in pro-social attitudes and behaviors. “Programs like GRIP can be adopted as an effective instrument to strengthen, in a relatively short span of time, pro-social preferences, attitudes and behaviors in inmates, while they are still in prison. Further, they can also facilitate the rehabilitation process, in the long term, by fostering inmates’ reintegration and re-socialization in their communities, thus potentially contributing to the reduction of recidivism.”¹
- Program effectiveness. The GRIP Program is a self-correcting intervention. Even men entering it with an eye only to influencing the Parole Board end up, within a matter of months, buying into the program’s cognitive-behavioral and trauma therapy goals and authentically “doing the work.”² We regularly hear students tell us that no other programs they have taken inside have been nearly as in-depth or intensive. The safety developed in the circle supports them to go much deeper than in other self-help or rehabilitation programs.
- Impact at individual and community levels. In 2018, we secured approval from the California Department for Corrections and Rehabilitation (CDCR) Office of Research for an independent academic research team to create and test a measurement tool regarding the impact of GRIP. It measured aspects of emotional intelligence and impulsivity, including trust in others and self-control, as well as perceptions of impact of the program by GRIP participants and non-participants. They published their findings in March 2020, showing GRIP graduates were “able to walk away from and/or defuse potentially explosive situations that might previously have caused them to lash out or attempt to exert control through threats or violence.” Interview data also showed that:

“The transformation facilitated by the GRIP curriculum and overall experience result in a profoundly altered sense of agency and responsibility. The GRIP men see themselves, and in many cases are identified as well by other men on the yard, as agents of positive change.”³



More detailed research findings are available on request.

¹ *Trust behind bars: a longitudinal study of inmates’ prosocial preferences.* Rossignoli, D., Maggioni, MA., Beretta, S., & Balestri, S. (2017). <https://www.sciencedirect.com/science/article/pii/S0167487017302568#!>

² -- *Keeping Violent Offender Rehabilitation on Track: How the diffusion and redirecting of attentional focus/mood work in the GRIP program.* Bowen Paille and Alex van der Zeeuw. *Qualitative Social Work.* Sage Publishing.(2020) <https://doi.org/10.1177/1473325020921919>

³ *Getting a Grip on GRIP: Perceptions of effects on socio-emotional development and behavioral patterns in two California Prisons.* Bowen Paille, University of Amsterdam, principal researcher. Submitted to CDCR, March 2020.

TESTIMONIALS

Testimonials from our students offer evidence of impact.



These are a sampling from classes over the last few years:

“I have had pain in me for many years and hurt many people because of the hurt I suffered. I just passed it on. I’m healing myself today, and with the help of GRIP I will never hurt anyone else. I’m learning the ripple effects, and GRIP gave me a new window to look through, like being kind to people.”

“Taking this course has had an impact in my life because I was able to track, process and heal the pain that gave rise to my violent actions. I now dedicate myself to be of service to those around me, daily.”

“I never knew how I got into this mess, but by taking this course has made me look at my past of my pain. Now I’m looking forward to the future with joy, healing, peace of mind, ready to serve and give back.”

“I had issues in my life which needed to be addressed. I could not solve my issues if I did not acknowledge them. I have come to a place in my life where I have learned to forgive others and myself, which has allowed me to be the person I have now become, a human being again.”

“GRIP helped me find myself, to know that I am worthy and humble. It helped me cope and stay in touch with myself. It also lets me know that I am not alone and that my tribe brothers believe in me when nobody else did.”