

# *Freeing Incarcerated Criminal Drug Addicts*

with

## **Core Health**

**Dr. Ed Carlson** ©2007

**Rie Anderson, David Harris  
John Roman and Brian Ward**

**Dr. Gloria Wilcox, PhD, LMFT, Dr. V. Michael McKenzie, PhD, CASAC  
and Nate Campbell receive special accolades for their Wisdom.**

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Scientific Research and Educational  
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[www.CoreHealth.US](http://www.CoreHealth.US)

**“Freeing Humankind to Be Excellent”**

## CORE HEALTH: 90% Success One-Year Post-Release

Recidivism measure for our study: “currently under arrest” or “imprisonment”.  
Other recidivism measures from the FDOC website: “Felony Conviction (may not do time); imprisonment for technical violation (parole); and imprisonment for new offense.”  
In a major study, "success" is defined as "completing at least one program" while in prison.  
“Recidivism data were collected over 12 months following release.”

18 of 20 graduating participants are free 1 year post-release – only 3 are still on probation.  
1 Male violated on Marijuana at 1 year.  
1 Female violated on Prostitution at 1 year.  
(A Male, is not yet released. Upon release he will be included in base count and follow-up.)

Multiple Methods of Investigating Each Individual’s Current Status:

1. All Participants list sent to Probation Officer at The Bridge.
2. Direct telephone and fax contact with Probation Officers for Participants.
3. Direct telephone and mail contact with available Participants.
4. Research Florida Department of Corrections database. (Sentence 1 year or longer.)
5. Research 4 Counties’ databases. (Arrests and County imprisonment)

### PILOT PROJECT

“*Ride the Lightning*” was the name chosen by the participants for their group.

Location: St. Petersburg, Florida, at a secure detention center for drug related crimes.

Facilitators / Observers: (Visit us at [www.CoreHealth.us](http://www.CoreHealth.us))

Dr. Ed Carlson, Brian Ward and John Roman facilitated all sessions.

Rie Anderson, Licensed Mental Health Counselor, third party observer at all sessions.

Grandmaster David Harris, presentations of energy in healing and in martial arts.

1-2 Guests/Observers attended most sessions.

Follow-up Sessions: Two social dinners at a restaurant were the only post-release meetings.

**NO weekly or monthly continuing sessions or coaching was provided.**

Participants were “on their own” returning to their personal environments.

Follow-up Reporting:

Post-Release follow-up at 1 year in this report.

Future reporting: 2 years, 3 years and 4 years.

### PREPARATORY RESEARCH: On the Shoulders of Giants

Dr. Stanton Samenow, PhD, Straight Talk About Criminals, The Criminal Personality.

Dr. John Diamond, MD, Life Energy, Your Body Doesn’t Lie, and personal communication.

Dr. David Hawkins, MD, Psychiatrist, Addiction Specialist, Power vs Force, *et alia*.

Addicts: Valid goal to experience True Self – but use invalid method of drug abuse.

“The truth of who you are, is unchanged by that which you go through.”

Dr. Roger Callahan, PhD, Psychologist.

“All addiction is looking for a tranquilizer to cover ‘anxiety’.”

Core Health blended these to discover the “**Ultimate Anxiety**”, birthing all other anxieties:

Our True Self is covered by Clouds of Confusion, creating a False Self.

Core Health clears away the Clouds of Confusion and expands the Core of True Self.

## FORMAT

**Core Health** is a generic, non-cultural, non-religious expansion of our natural core of health. The “12 Expansion Levels of Core Health” were utilized. (See “Process” and “Appendix”.) Extra sessions: “Addiction”, and “Criminality”, following Levels 1-5 “Creating a Solid Self.” Following these, a midway “Graduation” celebrated “Creating a Solid Self”.

Participants then continued in health with Levels 6-12.

We met 16 sessions, 2 hours, August 2005 through December 2005.

5 Interim Outcomes were established and measured at various intervals.

Individual work within the group as beneficial; Participants kept journals of their exploration.

We met socially at 1, 3, and 6 months to assess sustainability and quality of life.

## GROUP CHARACTER

We began research with 23 volunteers. Word-of-mouth discussion among Bridge residents during the first week about Core Health drew 8 more volunteers to “insist” on participating. By 3<sup>rd</sup> session, the “initial” research group was 30 participants, 10 female and 20 male.

Age ranges: 5 in 20-30 range; 7 in 30-40; 8 in 40-50; 1 at age 61.

All High School Grads, GED, or in GED Program. 20% with college or technical school.

“Lockdowns” (not able to meet): 2 for females, 1 for males.

## OUTCOME MEASURES: Interim

**Beck Depression Inventory-II** utilized by psychologists, psychiatrists, DSM IV consistent.

**Initial BDI-II:** Not depressed to Minimal 14 individuals; Mild 4, Moderate 1, Severe 2.

**Final BDI-II:** Not depressed to Minimal 19 individuals; Mild 2, Moderate 0, Severe 0.

One score rose to mild. Depression Research: occurs when “addicted” to feeling bad.”

**Average Improvement** in BDI-II: **57%** Reduction in score. *Lower score = less depression.*

Some improvements were dramatic: 35 to 7; 31 to 14; 26 to 7; 18 to 3; 17 to 7.

**Daily Functioning Scale -10 to +10** developed at U. of Penn’s Positive Psychology Dept.

Negative or Positive attitude with which a person functions in daily life, and views the world.

Range:	Beginning:	8/24/05	-4 to -6
	Final:	12/5/05	+9 to +10

**Anabolic Units** enhance life energy, releasing endorphins and DHEA, in contrast to Catabolic, which diminishes life energy, releasing stress chemicals adrenaline and cortisol.

Range:	Beginning	8/24/05	58 - 88	Average: 72
	Middle	10/5/05	3,100 - 31,000	Average: 19,900
	Final	12/5/05	25,000 - 45,000	Average: 35,000

Huge increase in energy was externally visually demonstrated by breaking Karate Boards. Re-breakable Karate Boards correlated to Karate belt levels were utilized.

Never having broken a board, or seen one broken, the women broke two and three boards stacked together – including Black (equivalent to 2.5 x 1 inch pine boards). The men broke three, four and five boards stacked together. 5 boards equal 8 x 1 inch pine boards –

a World Record two years prior! Watch the Video clip: [http://www.corehealth.us/core\\_health.html#bb](http://www.corehealth.us/core_health.html#bb)

**Body Acid/Alkaline Balance pH.** Optimum pH for body (blood, intracellular) is 7.3-7.4 pH. Cancer only survives in acid, anaerobic environment. Negative thinking creates acidic pH.

Range:	Initial	8/24/05	6.7 - 6.8 pH	Very acid for entire group
	Final	12/5/05	7.4 pH	Entire group is optimal

Significantly healthier –without addressing pH! A “**Bonus Shift**” due to Core Health.

**Cell Protection.** Cells are growing, neutral, or protecting themselves from harm and toxins. A high % of cells “protecting” impairs body function at the cellular level.

A basis for degenerative diseases.

The Sodium~Potassium Pump is *reversed* by continuous stress and high Cortisol levels.

Cell Protection interferes with transport across cell walls – both in and out.

Cell Protection is **specific** to one or more organs, rather than generalized in body.

Range:	Initial	8/24/05	31 - 38%	
	Final	12/5/05	<b>0 - 4%</b>	

Much healthier – without addressing Cell Protection! Another CH “**Bonus Shift**”.

### **Baseline Energy Measurement Statements:**

	<b>8/24/05</b>	<b>12/5/05</b>
“I am ___% healthy Human.”	Range 70-80% (gave Hope!)	100% by All
“I am a Criminal.” *	YES by All	NO by All
“I am an Addict, Drugs + other.”	YES by All	NO by All
“I choose to live ___%.”	36 - 82% (most in 60s, 70s)	100% by All
“My Mind is My Friend.”	66 – 83%	100% by All

\***N.B.** Criminal Decision Point for EVERY male and female, at ages 16 - 32, was event with Mother.

### **PROCESS AND EXPRESSIONS BY PARTICIPANTS**

“**WRITE** about the PROCESS and your Journey into CORE HEALTH – reactivating and expanding the health that always continues inside of you.”

- Personal accomplishments, understandings, realizations.
- Abilities you are now confident about.
- Emotional and Feelings about yourself, others, and Life
- Your sense of the step by step process discovering and expanding:
  1. Perfect Moment
  2. Will to Live, and Live Healthy
  3. Mind as your Friend, Being a Friend to your Body
  4. Moving past anger at God
  5. Identity – “I know who I am”, and “Here I Stand”.
  6. Masculine and Feminine Principles fully activated and integrated, regaining innocence, purity, and virginity.
  7. Freeing ALL Addictions – finding Decision Point, Starting Point, Anchor Point, and # of Anchors. ([DTQ Process, http://www.corehealth.us/dtq\\_process.html](http://www.corehealth.us/dtq_process.html))
  8. Freeing of Criminality – finding Decision Point, Starting Point, Anchor Point, and # of Anchors.

9. Peace with Parents, pure part, loving and accepting, being loved and accepted.
10. Clearing with Brothers and Sisters, Grandparents, Aunts, Uncles, Cousins, all Extended Family.
11. Clearing all prior relationships, plus In-laws and Out-laws
12. “Free From” negatives and “Free To” be creative.  
Release of all abuse, especially Self abuse.
13. Clearing Cultural Conditioning and conditioning by Society.
14. Freeing from Personal Distortions of your energy.
15. Being free of EVERYTHING, all burdens, real or imagined,  
Past Lives or Parallel Lives, including the past in this life ...

**The KEY is to be FREE**

for the free flow of energy into your power and creativity and enjoyment.

**WRITE about:**

Action/activities that brought you here.

Drug Dealer 9; Cocaine 8; Meth 3; Marijuana 2; Heroin 1; Drugs 3; ICE 1; Alcohol 1;  
Prostitute 3; DUI 4; Grand Theft 2; Stole from family 2; Escaped 2

Times in jail.

Once - 4; Two - 8; Three - 4; Four - 1; Five - 1

Times in Recovery Program

Once - 13; Two - 4; Four - 2; Five - 1; Ten - 2. (Many times in Detox for some.)

Age you were first aware you were on this path.

16, ?, 37, ?, ?, 18, 14, 35, 17, 18, 16, 30, 39, 31/44, 16, 17, 14/22, 18, 21, 18, 27, 14, 35

Why you don't feel guilty or punished.

My choice to be in program; Accept I am an addict;

Brought on self, fortunate to be here and have a second chance;

Guilty and take responsibility; My life wasted by my decisions; Guilty but RESCUED!

Medical: Depressed? Medications?

Healthy 14; Depressed 2; Med 2; HB/P 1; Arthritis 1; Paranoid Schizophrenia Manic 1

“Career” or “Clear” regarding criminality.

“Clear” 16 – all of those responding

Core Health: What attracted or encouraged you to volunteer to participate?

New approach 5; Interesting concept 5; Different than AA, NA, CA and counseling 2;

Improve my life, healing 4; Deal with negative & positive thoughts 4; Spiritual 5;

Observed the positiveness of others 2; No idea, but glad! 2; Asked to 1;

Hit rock bottom 1; Choose better way of life 1. Not caring about family/ people 4.

**WRITE: “Angry at myself about”:**

Being a prostitute

I had the capability of stabbing my husband.

Loss of my children

Addiction, Excess drinking, involvement with users

Stupid Decisions

Mother

\_\_\_\_\_ for lots of things

Not treating myself with respect; Not standing up for myself

Allowing others to mistreat me.

Not being open

Not being faithful

Losing my self worth

Hurting my family; Losing their trust; Stealing from family;

Missing my Sister's graduation

Being in jail

Girlfriend's death

Not walking at High School Graduation

Not being a role model for younger brother and sister.

### **“My Healthy Core 12-17-05”**

1. My Perfect Moment through perfect love with the perfect one.
2. I have a will to live my life out to the fullness throughout all eternity.
3. My cells are my friends, every million, billion, trillion of them that kept me going.  
Also Jesus is my friend.
4. I have moved on with my life in God to complete what he has planned for my Spirit, Soul, Body.
5. I have gotten my Identity back. I know I am a child of God and I am here to get my blessing because I am standing for the Lord Almighty.
6. I thank God for Dr. Ed for helping me back to my pure, innocent, virginal self.
7. I thank my God for the anchors that I have in the eternity and for freeing me from all criminality. I am free. No matter that I am behind bars – wood, stone, brick, chain.  
I am Free.
8. I am free of all addiction that I had in the past that was for my enjoyment but now it is time to get on with life.
9. I am glad I have found my true love who really loves me from the beginning until now.  
I have peace with God and with my Self.
10. I am Free with my family in all deliverance. We are a family as one, as a whole.
11. I have a clear head on my shoulders. I know where I am going and I know why I am here in existing.
12. In whatever conditions I am in, I am going to praise my God with me, that caring me all the way.
13. I am freeing my Self from all the distortion.

### **VASTNESS**

VASTNESS is experiencing expanding beyond our body, beyond our solar system, beyond our galaxy, beyond the Milky Way ~ ~ ~ peacefully into the vastness of the Universe.

Mary, in awe, “I got scared when I was out in space.

“Then I met God, and everything was alright . . .

“I brought God back with me ~ is that OK?”

## **“Vision for My Future”**

“Walking out these doors, I have a vision of a positive future with endless possibilities – As long as I make sure of one thing... don’t pick-up no matter what.

“I envision being reunited with my two children, having a good positive support system of friends, and having goals that are reachable. I can only do this through God’s mighty hand and grace. I must put complete faith and trust in the Lord. I can’t lose confidence in myself. I envision myself going to school, taking a dance class and paying off all my fines in the process. I envision putting a down payment on a house for me and my children. I want to attend church and fellowship with believers. I envision myself with a positive Christian man who has the same goals and attitudes as myself. In this I pray – Amen.

## **THE ROSE**

A real rose in a plastic bottle placed in the middle of the circle. “Three weight-lifters, please.” Looking at the rose, each was energy measured simultaneously by the three facilitators. All were WEAK.

92 years of age Mother of a facilitator, looking at the rose – tested very strong.

To all participants, “What does she have that you do not have? Or, more truly, what do YOU have that she does not have?” The answer: Clouds and fog covering your true nature.

By the end of the evening, ALL tested strong for looking at the rose and other challenges.

## **THE TEST**

Telephone contact at 3 months: T. “I screwed up.” EC “What does that mean?” T “I went back on Heroin.” EC “When?” T “Week or 10 days ago.” EC “Are you still on it?” T “NO, I only did it 2 or 3 days.” EC “Why did you stop?” T “I did not like it, and did not like myself, so I quit.” EC “Congratulations, T, you passed the test.” T “What? I failed. I screwed up.” EC “Testing yourself with heroin, and choosing to take your self off it, is very powerful!” T “Oh, I never thought of it like that --- yeah, you are right!” EC “There is a saying, first you get the lesson, then you get the test. T, you passed the test. Congratulations.” Celebration

## **RESULTS**

Reduced by releases, escapees, transfers, etc -- 21 “finished” a majority of the CH sessions.

Men: 3 completed 17 sessions (1 bonus session for men during female lockdown).

5 completed 14-16 sessions (1 has not yet been released)

4 completed 11-13 sessions (2 began on 5<sup>th</sup> session; 1 Released; 1 in jail for 3 sessions)

1 completed 10 sessions with perfect attendance, then Released.

1 completed 7 sessions with perfect attendance, then Released.

Women: All women but one were released prior to end of CH sessions.

5 completed 11-14 sessions (5 released early)

1 completed 10 sessions with perfect attendance, then released

1 started on the 8<sup>th</sup> session, completed final 9 sessions with perfect attendance.

NOTE: 1 Male WR, completed 6 sessions, missed 7 due to GED, attended partial sessions three times at end. Not included. Escaped parole after 6 months. Sense is with more sessions, and weekly or monthly continuing sessions or Health Coach, this individual would have continued healthy.

**Table 8D:** On average faith-based programs had a **45.2%** Success Rate.” 2 year [www.dc.state.fl.us](http://www.dc.state.fl.us)

## **EMPLOYER Survey**

Areas: Attendance, Punctuality; Work Habits; Attitude;

Job Relationships -- Co-Workers and Customers;

Overall Performance; “Solidness/Integrity” as an Individual.

Results: 18 Much Improved; 27 Improved; 0 Same; 0 Less; on 6 returns.

## **CONCLUSION**

The efficacy, speed, and durability of Core Health is dramatically demonstrated with individuals imprisoned for criminal drug activities and addictions.

90% SUCCESS at 12 months post-release. NO weekly, or monthly “support” meetings.

18 of 20 completing Core Health are *free* after release. Core Health works at the deep core essence in a sequential method that achieves durable global results.

These beneficial results are measurable, are retained, and are naturalized into daily living.

In contrast to “peeling the onion” from the outside, Core Health predictably expands one’s natural core of health, allowing many non-healthy layers to fall away. CH expands innate health into all areas of life for living naturally and powerfully. Core Health is simple, elegant, thorough, quick, durable and the benefits are measurable. Most importantly, the beneficial results are retained and naturalized as a positive, powerful, healthy, creative way of living.

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Research funded by Energy Essentials, Inc.

501(c)3 Tax Exempt, Nonprofit, Scientific Research and Educational organization

[www.CoreHealth.us](http://www.CoreHealth.us)

## **APPENDIX**

1. Photos of Participants and Facilitators. Note the “light, life, and radiance” in their eyes; and “connectedness” of spontaneous hand and arm positions.
2. Professional Observer, Rie Anderson, MA, LMHC, Licensed Mental Health Counselor.
3. Pilot Project Research Proposal
4. Flyer describing Core Health to inmates for volunteer participation.
5. Core Health: 12 Expansion Levels Radiating Out
6. Graduation Letter from Supreme Grandmaster David Harris, 10<sup>th</sup> Degree Blackbelt.
7. “Poetic Perspectives on Addiction”
8. Florida Department of Corrections ~ Research
9. “History” of a Participant
10. Stanton Samenow: Biographical Sketch and Books



Appendix 1



Facilitators: Brian, kneeling LF; Dr. Ed, standing L; John, standing in back



Facilitators: Dr Ed, Rie (black sweater), John; Brian kneeling in front

**1<sup>st</sup> Session Results**

“Since I can make sugar my friend, then that means I can make my brain my friend”, one group member mused out loud:

I invite you the reader to think about the implications of this statement. To invoke this kind of self inquiry in this short length of time, with an individual whose profile is usually resistant to insight, is note worthy.

That same evening I over heard another group member saying to herself as she moved her pencil in a doodling fashion across a sheet of paper: “I had it all wrong”.

Again, I invite you the reader to think of what this type of “about face” realization means to her and to the direction of her life.

Dr. Carlson opened the evening with a true life metaphor of a choice he made in high school after being co-leader of the ACE Gang during middle school. Graduating from Dental College he joined the ranks of successful professionals with status, monetary gain, and community involvement. The other co-leader chose not to drop the gang mentality and now sits in prison. Dr. Ed’s emphasis: “Life provides us with choices.”

The class continued with Energy Measuring demonstrating that we are influenced by:

What we think; the positives and the negatives.

Remembering a pleasant memory; think of an unpleasant memory

Emphasis: Positive Thinking

Our Attitude regarding external things/substances.

Sugar demonstration: weakens body, until make a new decision, then strong.

Emphasis: Impact of beliefs learned from our family, doctors, culture, society.

What others think about us.

Emphasis: Send positive energy; Send negative energy.

FIND A “PERFECT MOMENT” . . . as a child when you felt fully connected and good.

This fully engaged participants, in the their P.M, neither criminal nor addict.

Holding the Perfect Moment – group sends negative energy.

Emphasis: Energy remains strong, group negativity has NO effect.

Author’s note: Denial is a defense mechanism supporting a person’s belief/s about: themselves (i.e. I am a good person.), society, and the world. The task of getting people to accept responsibility for their choices is met with much resistance.

“Holding up the mirror” is a technique designed to give feedback that the client does not believe and does not want to acknowledge. This is effective, yet difficult to achieve.

## 2<sup>nd</sup> Session

By now the group has a good experiential foundation for what testing strong, and testing weak indicates. Their curiosity has been growing and light bulbs have been going off. They are pretty sure that they've "got this" and most think this is a pretty neat idea – far more tangible than all the words and lectures to which they've become accustomed. So.....the next statements "put the pedal to the metal" – so to speak.

After checking the Anabolic Level; pH; % of health (encouraged by having a core 70-80% to expand), Dr. Ed states to the first outstretched arm: "I am a criminal."

The person felt the deltoid muscle contract – and saw his arm hold strong.

Shock was reflected in his eyes and his words as his arm held strong!

While he reeled with disbelief, Dr. Ed makes the next statement: "I am a drug addict".

Testing each person, their arm held strong to both statements. As they began to realize the test results, their eyes reflected shock, disbelief, more shock and disbelief, a nervous laugh. Some were heard to say: "I ain't believing this", and "Wha'd you mean, man?" This happened in rapid, split second succession and was sensory observable.

Glazed, unfocused eyes began to clear, skin color changed in the face, and postures shifted as they came to grips with the unbelievable.

With "in-your-face" test results cutting through secondary gains, there was no room to wiggle, no reason to explain. **Their bodies provided the feedback and reported the truth to them about themselves and their behavior.** Although they may not have appreciated the message, the messenger was finally congruent. Denied the resource of explaining themselves; the field was cleared for changing themselves.

Ed quietly said "And, just like you changed your attitude about sugar; you can now change your attitudes about your self. We will do that next week". They agreed.

They agreed from a place of education (mind), supported by their inner knowing (heart).

When Grand Master David joined us, the participants had a firm understanding of energy and they responded to his input and demonstrations with zest and appreciation.

They registered a sense of pride at being able to break boards with bare hands!

I wondered how long since they had felt this emotion associated with **healthy** activities.

Thus the work continued for 16 sessions; dispelling false beliefs and expanding new possibilities. The Team taught with commitment and expertise; participants expressed appreciation by greeting us each week with smiles, hugs, and encouraging comments.

The program protocol was researched and designed by Dr. Ed Carlson.

The balance of didactic with experiential was creative, insightful, and masterful.

The results heard, felt, and seen – inspirational.

I enjoyed and appreciated being a part of this experiential treatment program and fervently hope that our efforts continue to demonstrate a difference.

**Respectfully,**

**Rie Anderson, M.A., LMHC, NBCDCH**  
**Licensed Mental Health Counselor**

## Proposal for Pilot Project on Core Health©

**METHOD:** Standardized Assessments at the start, 45 days, and 90 days.

Dr. Stanton Samenow's assessment "Errors in Thinking", developed from his study and three volume publication The Criminal Personality and Inside the Criminal Mind, plus Quality of Life Assessment, and additionally for Counselors, Workplace and Job Satisfaction Assessment. Technique is DTQ (Deeply Thoroughly Quickly) and Expanding our Healthy Core developed by Energy Essentials, Inc.

**GROUP:** Total is 15 ~ 5 Female Clients, 5 Male Clients, 5 Counselors/Staff.

In case fewer than 5 Counselors, increase number of Clients.

Prefer Clients be continuing 90+ days at The Bridge.

Control group of matched Clients (and counselors) is beneficial, yet not necessary.

**FREQUENCY:** Once a week sessions for 13 weeks. Three hours per session allows for comfort zones, more participation, and addressing unknowns. (In a pinch can do in 2 hours.)

**PROCESS:** Experiential learning for each group member via Energy Measuring and personal experience. Participants identify and experience their Healthy Core. They expand their Healthy Core by easily identifying and clearing away any blocks and negative decisions. Positive replacement occurs with expansion of their positive Healthy Core regarding Will-to-Live, Choosing to Live Healthy, Mind as Friend, Identity from inside, Parents, Society, etc.

**LEADERS:** Active leaders Dr. Ed Carlson, John Roman, Brian Ward, Rie Anderson as trained/skilled observer. In the 1990s, Rie Anderson led certification workshops for Dr. Stanton Samenow.

**RECORDING:** We are eager to record each session for review and leader and staff learning. Please let us know if Clients have a way of listening to an audio tape.

**CONTINUATION:** At 90 days we will conclude with a "Continuation Ceremony" to anchor positive action going forward into the future. All participants are invited to 1 month, 3 month, and 6 month sequel sessions (whether they are at The Bridge or not) to celebrate successes, answer questions, and deal with challenges. Assistance of The Bridge is sought in this continuation.

**OUTCOME:**

1. Significantly improved Quality of Life for Clients and Counselors.
2. Greatly decreased "Criminal Mind" activity.
3. Greatly decreased addiction to drugs, and to crime
4. Significantly decreased Recidivism at 6 months and preferably follow for 1, 2 years.
5. Significantly increased Workplace and Job Satisfaction for Counselors/Staff.
6. Actually having fun in the process.

## **IN-Power Yourself**

**An inborn core of health exists within every person, covered by layers of conditioning and distortion -- which are expressed into the body, mind, emotions, and into the world.**

**“Why don't they ever look for what is RIGHT with me?”**

**Traditional counseling, medicine, dentistry, psychology, and allied areas generally look for what is wrong with us – what needs to be “fixed”.**

**They attempt to move toward health by chipping away at negatives or disease.**

**Join us for a unique weekly series to re-experience and re-activate your own individual Core Health. Powered by *Energy Essentials, Inc.* staff.**

**Expand your Core Health into your practical daily living!**

**With fun and ease, clear away 'clutter', old decisions, and obstacles by expanding your inborn core of health -- freeing you to achieve greater power, creativity, and enjoyment in your life.**

**Experience, measure, and demonstrate reactivation of your individual inner strengths and identity.**

**Expanding Core Health is experiencing the *reality* in our energy, in our heart, in every cell of our body -- so our daily living flows effortlessly, without compulsion, from the source of our natural ability to live a full and healthy life.**

**Deeper than mental or emotional -- in the underlying energy aspects – poor decisions and destructive impulses are replaced with new *energy decisions* which reactivate and expand your original healthy and happy self.**

**Gain the POWER to live creatively from the inside, rather than reacting to outside people and events.**

**"The Truth of that which you are is unchanged by that which you go through."**

*Dr. David Hawkins, M.D., PhD.*

**Re-Experience, Re-Activate, Re-Express your inborn wholeness, power, and creativity. Guaranteed!**

**Contact:**

**Mr. Nate Campbell, or \_\_\_\_\_ immediately.**

***Limit: 5 female clients, 5 male clients, 5 counselors***

## Appendix 5

### CORE HEALTH – 12 EXPANSIONS Radiating Out © 2004

The **CORE** is “**Perfect Moment**”: Re-experience/KNOW who we are in our Core of Health.

In Perfect Moment all test strong for:

“I am perfectly healthy spiritually, mentally, emotionally and physically.”

**100%**: Every Statement is measured for **100%**. Measure Statement; Clear; then test “is 100%”.  
Regardless of real or imagined (same to brain), past/parallel lives, KEY is to be FREE.

#### Expansion Level 1 ***Will to Live***

I Choose to Live, I Choose to be Healthy, I Do this to benefit myself.

I accept 100% of the benefits to me. (contrast to Freud’s *Thanatos* - Death Wish.)

#### Expansion Level 2 ***Mind and Body***

My Mind is my Friend. Mind can sabotage whatever you do. PERMISSION 100%.

Body is always our friend. Rarely are individuals 100% a Friend to their Body.

#### Expansion Level 3 ***God / Field / Oneness***

Unitive Consciousness (One with God and Universe), All One; God is my Friend

Bonus Shifts: clear Fear of Death; clear Subconscious Anger: out of which all anger flows.

Forgive self 100%. I am 100% Worthy -- to receive -- to give. Live in Overflow.

#### Expansion Level 4 ***Identity***

I know who I am, Here I stand, Free to be me, Birth Trauma, Chaos, Control, Umbilicus problem, Reversals. We now sing, speak, dance, love, live from heart, mind, being.

“I exist whether anyone sees, hears, tastes, touches, or smells me.”

“I am responsible.” Perfect moment> Child decisions> Adult decisions> NEW Decisions.

“I willing to be 100% healthy, spiritually, mentally, emotionally and physically.”

#### Expansion Level 5: ***Male/Female Archetypes; Innocence***

Fully activate all 4 aspects. Re-activate: “I am Pure, Innocent, Virginal.” “I am a Virgin.” “Marry” the healthy, whole, pure, Masculine and Feminine. “I love (accept) myself 100%.” “I like being male/female.” VASTNESS experience of Whole Self.

#### Expansion Level 6 ***Mother and Father***

My Mother / Father loves Me. I love my Mother /Father. I Accept M/F. M/F Accept Me.

I love/accept myself 100%.

Me as parent/grandparent: “I 100% free/release my children to be fully independent.”

#### Expansion Level 7 ***Siblings, Extended Family, Pets***

I love my S/B; and My S/B loves Me; Accept S/B. S/B accepts Me.

Half S/B, Grandparents, Aunts/Uncles, Cousins, Nieces/Nephews . . . PETS

#### Expansion Level 8 ***In-Laws and Outlaws***

Current or “ex”, ex-spouse(s), ex-intimate relationships, current relationship(s).

#### Expansion Level 9 ***Free From and Free To***

Abuse, Fear -- spiritual, mental, emotional, physical -- self abuse.

Protecting self -- fear -- % regarding \_\_\_\_\_ .

#### Expansion Level 10 ***Cultural and Societal Issues***

Cultural -- religion, belief system born into -- e.g. redneck

Societal -- school, church, peer pressure, government, organizations/clubs, etc.

Expansion Level 11 ***Personal Distortions***

Accumulated over the years due to conscious or non-conscious “Decisions” or “Traumas”.  
Cultural and societal are instilled from birth.  
Personal are when YOU begin deciding -- even subconscious decisions.

Expansion Level 12 ***Past Lives/Parallel Lives***

Disavowing any vows, DNA cleansing, etc. Real or imagined, “KEY is to be FREE”.

\*\*\*\*\*

**Skills: INTEGRATION into Daily Living:** Skills & forms of expression in daily life in the world.

**Inner 12: “Prepares the Terrain” by EXPANDING our Healthy Core.**  
**Eliminates many outside-in pieces without directly addressing them – more efficient.**

**Outer 9 “Life Applications” in contrast to a steady stream of theory/talking “about” health, spirituality, joy, etc. YBH ! Yes, but how! How do I accomplish this for ME?**

**FACILITATION – as a nerve fires or muscle contracts, next time is easier on that pathway -- practice like knitting, piano, bike.**

**EXPANDING our Core Health becomes easier and easier to maintain -- to forge ahead ~ ~ ~**

**Cannot compartmentalize negative energy -- energy flows throughout your system – the reason you are “testable”.**

**Gallon of water -- drop of green dye -- goes throughout -- colors ALL.**

**Core Health is uniquely different** from “treatment” or “therapy” for depression, cancer, or other dis-ease.

From our foundation of health, we live effectively and powerfully, dealing with any challenges or negatives in our daily Life, while being creative, powerful, and expressive of our unique individual self.

Core Health combines subjective and experiential (heart-mind) with objective and rational (brain-mind) to predictably and measurably expand our Core of Health.

Sad stories/injuries are acknowledged, without the necessity of re-telling the story and re-suffering details. This honors the principle that “what we focus on expands”. We focus on expanding our Core Health.

CH process developed from 25+ years of research and successes demonstrates re-telling is not necessary.

DTQ method precisely locates and acknowledges the story/event, energetically releases/clears the issue, expands our inborn positive, and creates a lasting means to move from suffering to living in joy.

As we live from our pure core of health – physical, mental, emotional, spiritual health – we are enjoying and living in the Positive even while purifying a negative!

We assist people to understand, experience and re-experience health and decision-making with energy measuring. This simple process uses a muscle to measure what enhances life energy (chi) or diminishes life energy. We utilize either arm held out to the side and “resisting” – middle head of the deltoid muscle, lung meridian. Strong is YES; Weak is NO – or NOT YES

Kinesiology is used to access the energy system, beyond the conscious and subconscious for 2 benefits.

1. Tool of Discovery -- what is going on in us
2. Tool of Experiential Learning –
  - as we Experience things in our Energy System, they become part of us and are easily recalled and reactivated.
  - Experiential confirmation of our re-deciding and clearing our limiting beliefs.

## Appendix 6

November 1, 2005

Dear Friends at The Bridge.

I am very disappointed that I will not be attending your first graduation ceremony.

At my school on that date, I will be receiving my 10th degree Black Belt from the International Black Belt Council and the Black Dragon Fighting Society for my induction as Supreme Grandmaster of Shun Shen Tao.

I have kept up with your progress. I am very proud of all the things that you accomplished, and for the stunningly short amount of time in which you have done these. You are "ALL" in my prayers.

Remember to look towards the future and make it a good one.  
Life is simple, it's what we make it – our creation.

A 100 years of life with fear is a tragedy.  
A life lived but for a single day without fear can be a "Phenomenal Triumph".

There is a saying in China

"There is not much difference between a long life and a short one.  
For they are both just moments in time".

So, when life looks as if it is getting you down. Please remember my words.

**"DO NOT DECEND INTO FEAR. FOR THAT IS THE ETERNAL DARKNESS.  
RATHER, MOVE FORWARD WITH INNER STRENGTH  
FOR THIS IS THE GREAT RIVER TO WHICH ALL OTHER RIVERS FLOW,  
MOVING FORWARD, GATHERING STRENGTH -- UNTIL SOON  
THERE IS "NOTHING" THAT CAN STAND IN IT'S PATH."**

**STAND STILL AS A MOUNTAIN ~ YET ~ MOVE LIKE A GREAT RIVER.**

I will be back soon to see you all for myself.

Until then be well.



Supreme Grandmaster David Harris DTCM DTCMQ L.M.T  
10th Degree Black Belt  
Shun Shen Tao



Appendix 7

*Addictions*

*Compulsions*

*Needing Approval*

*All come from lack of SELF*

*Giving power away*

*Energy Leaks*

*We are all sieves*

*Innocence sacrificed on the altar of Conformity*

*Purity tainted by the conception of approval*

*SELF taking on other selves as false teachers*

*Learning false doctrines from fallen Innocents*

*Blind making blind - unknowingly, unintentionally*

*That which has always been*

*Now that I know, though young I may be...  
I go to the True Self, the God-Self, the Sage,  
The All in All, the I AM,  
The place of Creation,  
The Great inspiration of All Religion  
To teach me BEING*

*From this place of New Wonder  
I gaze out on the fertile field of my life.  
Only now can I plant, water, grow and harvest.  
This is the crop of God's Intention  
God Plants  
God Waters  
God causes to Grow  
God gives the Increase*

*I AM 14 months old  
Learning to walk.  
This time in a 50 year old body.*

*My hand in God's, co-creating  
Our Field of Dreams*

*Linda Carlson  
April, 2003*

## Appendix 8

### Florida Department of Corrections [www.dc.state.fl.us](http://www.dc.state.fl.us) Research from Website

Bridges of America, doing business as The St. Petersburg Bridge.

#### Faith-Based substance abuse Transitional Housing

"Table 8C: 2 Year 46.4% Success Rate" Note: Including "Administrative Exits" reduces this to 42.7%.

"Successful" is defined as "completing at least one program" while in prison.

"Table 8D: On average faith-based programs had a 45.2% Success Rate.  
Administrative exits averaged 7% for the year."

Recommitments over 2 years were 35.2% for Program Completers, 53.2% for NonCompleters.

At 3, 4, 5, 6 year years the % continued to increase each year, and the difference between Completers and NonCompleters diminished to not significant.

The paucity of literature on whether the private sector is more successful than the public sector in rehabilitating prison inmates, as measured by reducing recidivism, is apparent (Austin and Coventry, 2001).

Four recidivism measures were used:

- Subsequent arrest
- Felony** conviction
- Imprisonment for technical violation
- Imprisonment for new offense.

Recidivism data were collected for 12 months following release.

Variations in the definition of recidivism affect results. Re-arrests are more likely to occur than re-conviction or re-imprisonment since re-arrest may not lead to re-conviction and re-conviction may not lead to re-imprisonment. Also, re-arrest and re-imprisonment can be due to technical violations, which will increase their numbers in comparison with re-conviction for a new offense. Traditionally researchers use a limited amount of post prison release follow-up time, ranging from a few months to a number of years.

Inmates who die subsequent to release are not excluded from the analysis.

This reduction in recidivism (4.0%) translates into approximately 125 inmates not returning to prison. Avoiding the cost of their re-incarceration for one year would amount to cost savings of approximately \$2.4 million. (annual incarceration rate of \$19,000 per inmate.)

Preliminary studies utilizing a one-year recidivism measure indicate that participation in transitional programs greatly increases inmate success after release from prison.

<i>Program Completions*</i>	<i>% Successful</i>	<i>% No Program Completions</i>	<i>% Difference</i>	<i>% Improvement</i>
GED Completed	70.2%	64.6%	5.6%	8.7%
Vocational Certificate Completed	74.0%	64.6%	9.4%	14.6%
Substance Abuse Program Completed	68.6%	64.6%	4.0%	

**Prior Prison Commitment** decreases success rate by 15% Points. (20%)

<i>Prior Prison Commitment Status</i>	<i>% Successful</i>		<i>% Difference</i>	<i>% Improvement</i>
	<i>Without GED</i>	<i>With GED</i>		
Prior commitments	58.4%	60.5%	2.1%	3.5%
No prior commitments	74.1%	75.3%	1.2%	1.6%

A commitment is the offender being remanded to a Florida prison.

**Table 14:  
Success Rates of Inmates  
With and Without Substance Abuse Program Completion,  
Comparison Across Commitment Status**

<i>Race</i>	<i>Without S.A. Completion</i>	<i>With S.A. Completion</i>	<i>%Difference</i>	<i>%Improvement</i>
Prior commitments	57.8%	62.0%	4.2%	7.2%
No prior commitments	74.0%	75.7%	1.8%	2.4%

A commitment is the offender being remanded to a Florida prison.

**Table 15:  
Success Rates of Inmates With and Without  
Substance Abuse Program Completion,  
Comparison by Offense Status**

<i>Offense Status</i>	<i>Without S.A. Completion</i>	<i>With S.A. Completion</i>	<i>%Difference</i>	<i>%Improvement</i>
No Precursor offenses	74.0%	71.4%	-2.6%	-3.4%
Precursor offenses	59.6%	67.4%	7.9%	13.2%

A precursor offense is a history of criminal behavior related to substance abuse.

Appendix 9

**“History” of a Participant**

<b>Current Prison Sentence History:</b>					
<b>Offense Date</b>	<b>Offense</b>	<b>Sentence Date</b>	<b>County</b>	<b>Case No.</b>	<b>Prison Sentence Length</b>
11/26/2000	COCAINE - POSSESSION	07/05/2006	HILLSBOROUGH	0019761	1Y 10M 24D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	07/05/2006	HILLSBOROUGH	0019761	1Y 10M 24D
05/02/2001	GRAND THEFT,300 L/5,000	07/05/2006	HILLSBOROUGH	0115364	1Y 10M 24D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	07/05/2006	HILLSBOROUGH	0217672	1Y 10M 24D

<b>Prior Community Supervision History:</b>					
<b>Offense Date</b>	<b>Offense</b>	<b>Sentence Date</b>	<b>County</b>	<b>Case No.</b>	<b>Community Supervision Length</b>
11/26/2000	COCAINE - POSSESSION	03/04/2002	HILLSBOROUGH	0019761	1Y 6M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	03/04/2002	HILLSBOROUGH	0019761	1Y 6M 0D
05/02/2001	GRAND THEFT,300 L/5,000	07/29/2002	HILLSBOROUGH	0115364	1Y 6M 0D
11/26/2000	COCAINE - POSSESSION	11/26/2002	HILLSBOROUGH	0019761	1Y 0M 0D 1Y 0M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	11/26/2002	HILLSBOROUGH	0019761	1Y 0M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	11/26/2002	HILLSBOROUGH	0019761	1Y 0M 0D
05/02/2001	GRAND THEFT,300 L/5,000	11/26/2002	HILLSBOROUGH	0115364	1Y 0M 0D 1Y 0M 0D
11/26/2000	COCAINE - POSSESSION	02/10/2004	HILLSBOROUGH	0019761	2Y 0M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	02/10/2004	HILLSBOROUGH	0019761	2Y 0M 0D
05/02/2001	GRAND THEFT,300 L/5,000	02/10/2004	HILLSBOROUGH	0115364	2Y 0M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	02/10/2004	HILLSBOROUGH	0217672	2Y 0M 0D
10/22/2002	DUI-MISD.	02/10/2004	HILLSBOROUGH	0217672	1Y 0M 0D
10/22/2002	MISDEMEANOR	02/10/2004	HILLSBOROUGH	0217672	1Y 0M 0D

11/26/2000	COCAINE - POSSESSION	01/28/2005	HILLSBOROUGH	0019761	2Y 0M 0D 1Y 0M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	01/28/2005	HILLSBOROUGH	0019761	2Y 0M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	01/28/2005	HILLSBOROUGH	0019761	1Y 0M 0D
05/02/2001	GRAND THEFT,300 L/5,000	01/28/2005	HILLSBOROUGH	0115364	2Y 0M 0D
05/02/2001	GRAND THEFT,300 L/5,000	01/28/2005	HILLSBOROUGH	0115364	1Y 0M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	01/28/2005	HILLSBOROUGH	0217672	2Y 0M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	01/28/2005	HILLSBOROUGH	0217672	1Y 0M 0D
11/26/2000	COCAINE - POSSESSION	07/07/2005	HILLSBOROUGH	0019761	1Y 6M 0D 2Y 0M 0D
05/02/2001	GRAND THEFT,300 L/5,000	07/07/2005	HILLSBOROUGH	0115364	1Y 6M 0D
05/02/2001	GRAND THEFT,300 L/5,000	07/07/2005	HILLSBOROUGH	0115364	2Y 0M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	07/07/2005	HILLSBOROUGH	0217672	1Y 6M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	07/07/2005	HILLSBOROUGH	0217672	2Y 0M 0D
11/26/2000	COCAINE - POSSESSION	09/22/2005	HILLSBOROUGH	0019761	1Y 6M 0D 2Y 0M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	09/22/2005	HILLSBOROUGH	0019761	1Y 6M 0D
11/26/2000	DRIV W/LIC S/R/C/D FELONY	09/22/2005	HILLSBOROUGH	0019761	2Y 0M 0D
05/02/2001	GRAND THEFT,300 L/5,000	09/22/2005	HILLSBOROUGH	0115364	1Y 6M 0D
05/02/2001	GRAND THEFT,300 L/5,000	09/22/2005	HILLSBOROUGH	0115364	2Y 0M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	09/22/2005	HILLSBOROUGH	0217672	1Y 6M 0D
10/22/2002	DRIV W/LIC S/R/C/D FELONY	09/22/2005	HILLSBOROUGH	0217672	2Y 0M 0D

## Biographical Sketch of Dr. Stanton E. Samenow

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Dr. Samenow received his B.A. (cum laude) from Yale University in 1963 and his Ph.D. in psychology from the University of Michigan in 1968. After working as a clinical psychologist on adolescent inpatient psychiatric services in the Ann Arbor (Michigan) area, he joined the Program for the Investigation of Criminal Behavior at St. Elizabeths Hospital in Washington, D.C. From 1970 until June, 1978, he was clinical research psychologist for that program. With the late Dr. Samuel Yochelson, he participated in the longest in-depth clinical research-treatment study of offenders that has been conducted in North America. The findings of that study are contained in the three volume publication The Criminal Personality (Lanham, Md.: Roman and Littlefield) that he co-authored with Dr. Yochelson.

In 1978, Dr. Samenow entered the private practice of clinical psychology in Alexandria, Virginia. His specialty has continued to be the evaluation and treatment of juvenile and adult offenders. Dr. Samenow has delivered lectures, training seminars, and workshops in 48 states, Canada, and England. These presentations have been to a variety of professional groups including mental health, law enforcement, corrections, education, social services, and the judiciary. He has served as a consultant and expert witness for a variety of courts and agencies, including the Federal Bureau of Investigation, Dade County (Florida) Public Schools, Federal Bureau of Prisons, and the U.S. Office of Probation. In 1980, he was appointed by President Reagan to the Law Enforcement Task Force and in 1982 to the President's Task Force on Victims of Crime. In 1987, President Reagan appointed him as a Conferee to the White House Conference on a Drug-Free America.

Dr. Samenow's book Inside the Criminal Mind (NY: Times Books/ Random House) was originally published in 1984. A revised, updated edition was published in 2004 (NY: Crown Publishing/Random House). In 1999, a Japanese translation was published (Tokyo: Kodansha). In addition, he has authored numerous articles for professional publications and appeared frequently on national radio and television broadcasts, including "60 Minutes," "The Phil Donahue Show," "Good Morning America," "The CBS Morning News," "The Today Show" and "The Larry King Show."

Straight Talk About Criminals, was published by Jason Aronson in April of 1998.

In March, 1989, Dr. Samenow's book about prevention of antisocial behavior was published. It is titled Before It's Too Late: Why Some Kids Get Into Trouble and What Parents Can Do About It (NY: Times Books/Random House). The book was revised and expanded in 1999. Published in Japan (by Kodansha), in Taiwan (by Life Potential Publishing Co.), and in Poland (Warsaw: Proszynski i S-ka). Paperback edition was published November of 2001.

In 1994, a three-part videotape and workbook featuring Dr. Samenow's work was released ("Commitment to Change: Overcoming Errors in Thinking") distributed by FMS productions, Carpinteria, California). The materials provide an interactive program for use with inmates, students or staff in mental health, corrections, substance abuse programs, and educational settings. Early in 2000, a second series of videotapes and workbooks was released regarding identifying and addressing "tactics" which antisocial juveniles and adults deploy obstructing effective communication. The third series, "The Powers of Consequences," was released during late July of 2002.

Dr. Samenow wrote a book based on his experience as an independent custody evaluator published in 2002. It is titled In the Best Interest of the Child: How to Protect Your Child from the Pain of Your Divorce.

**The Criminal Personality, Volume I: A Profile for Change** *The Criminal Personality* presents a detailed description of criminal thinking and action patterns and convincingly argues that these patterns cannot be explained by sociologic or psychologic explanations alone.

**Samuel Yochelson**, Ph.D., M.D., until his death in 1976, directed the Program for the Investigation of Criminal Behavior at Saint Elizabeth's Hospital, Wash., D.C. Research professor of clinical psychiatry at George Washington University School of Medicine.

**Stanton E. Samenow**, Ph.D., is a clinical psychologist. He is co-author of *The Criminal Personality, Volume II: The Change Process*, and *The Criminal Personality: Volume I, A Profile for Change*.

**The Criminal Personality, Volume II: The Change Process** Second of a three volume landmark study of the criminal mind. This book describes an intensive therapeutic approach designed to completely change the criminal's way of thinking. The authors reject traditional treatment approaches as reinforcing of the criminals sense of being a victim of society. Rather Yochelson and Samenow stress that the criminal must make a choice to give up criminal thinking and learn morality.

**The Criminal Personality, Volume III: The Drug User** "The third in a series explicating the criminal mind, this volume summarizes observations, interpretations, and conclusions derived from a study of 121 criminal men who used drugs and/or alcohol to excess. Systematic, probing and repeated interviews were used as the vehicle for gathering information on common mental themes among men apprehended and sentenced for criminal acts....

Yochelson and Samenow attribute crime to a series of early irresponsible choices that predate drug use among drug-using criminals. Personality and personal choice variables are conceptualized as critical in initialing and maintaining use. In what is called an indiscriminate search for excitement, drug-using criminals are characterized as expanding their criminal repertoire while excusing their actions by rationalizations sometimes invented by sociologists, psychologists, and psychiatrists. Although these ideas are of considerable interest, the real value of the text lies in its intriguing presentation of drug-user thinking. Specifically, three chapters are well worth reading. The description of mental activities associated with such constructs as 'the high,' 'the nod,' and 'the rush' are probably on target for many drug users, whether criminal or not. The chapter explaining drugs as facilitators offers several notions worthy of systematic inquiry, as does the one devoted to principles for encouragement of behavior change.

Of perhaps greatest benefit to most readers are caveats regarding management of drug users in what may be seen as a cognitive-behavioral framework. Yochelson and Samenow contend that drug-using criminal men represent the architects of their criminal life-styles and that it is they themselves who can correct irresponsible thoughts and behaviors through application of logic over emotion." —*Contemporary Psychology*

## **Straight Talk about Criminals: Understanding and Treating Antisocial Individuals**

Is there a genetic predisposition to crime? Should mental illness be taken into account? Do family and social environments have a role? Do people become abusers because they have been abused? How can people who do terrible things consider themselves good people? What should someone involved in a relationship with a criminal know? Stanton Samenow, co-author of the widely respected three-volume study of *The Criminal Personality*, has collected the questions posed by audiences during his speaking engagements of the past twenty-eight years about causes, characteristics, and treatments of antisocial behavior. Now he draws on his research and clinical experience with hundreds of men, women, and children to offer no-frills answers that embody his informed perspectives on some of the toughest policy issues facing individuals, institutions, and governments today.

### **BOOK REVIEWS: Straight Talk about Criminals**

"Stanton Samenow drives home with unprecedented power the revolutionary discovery of his clinical experience—namely, that to treat the antisocial individual we must understand the self-serving distortions of the criminal mind. Only recently has cognitive-behavioral research caught up with and confirmed Samenow's discovery, which is lucidly articulated and expanded through a straightforward question-and-answer format. *Straight Talk About Criminals* should be required reading for anyone who would work with chronic offenders."—**John C. Gibbs, Ph.D., Ohio State University**

"Dr. Samenow knows more about the criminal personality than anyone I know. The 'straight talk about criminals' he gives us, after spending more than twenty-seven years interviewing, evaluating, and treating men, women, and children convicted of a variety of crimes, is a must-read for anyone working with convicted felons as well as for the lay person with questions about the criminal personality and how it got to be that way."—**John Douglas, Ed.D., former chief, FBI Investigative Support Unit.**