

## THE KHULISA “MY PATH” REHABILITATION PROGRAMME

*“I have learnt to be open, to share my problems, group work and to respect each other” – My Path Participant*

### Programme Description

Khulisa’s rehabilitation programming includes a number of integrated processes that promote behavioural change and skills development. The core of its personal development component is organised into the “My Path” Programme. This programme is a self-help learning programme for individuals needing to correct their behaviour. The programme places a learner on a path of exploring who he or she really is and preparing for re-entry into a positive, productive and meaningful lifestyle.

My Path consists of 36 steps divided into three phases:

Phase 1 – Understanding the Real Me

Phase 2 – Me and the World

Phase 3 – Preparation

Each step involves facilitated group sessions, but also is detailed in self-help, self-directed and self-use workbooks, which are interactive and promote active learning. All workbooks are outcomes-based with information, questions, graphic activities and assessments. Continuous learning, assessment and reflection are promoted throughout My Path.

### Course Content

**Phase I: Understanding the Real Me** explores the self as an emotional, social, physical and psychological being and discovery of creative abilities. Aspects of prison life are explored in order to discover the inner self and to release tension, replace inappropriate beliefs, and to come to terms with reality.

**Phase II: Me and the World Around Me** allows the participant to explore who they are in relation to the world around them and then focuses attention on consolidating strategies and skills to self manage within every environment. Self management covers aspects like goal-setting, stress management, communication skills, values and morality building, restoring self-concepts, life planning, and mission. Restorative Justice is also introduced at this stage.



**Phase III: Preparation allows the participant to prepare for release.** The programme covers a wide range of topics from dealing with stigmatization and maintaining routine to starting your own business and managing a small budget.

## Learning Outcomes

### My Path Part: 1

- Ability to manage emotions appropriately
- Ability to manage and prevent own stress
- Greater comfort sharing thoughts and feelings, for more trusting relationships
- Ability to identify and understand emotional patterns and reactions, in self and others
- Greater self acceptance
- Assertiveness skills
- Stronger sense of personal responsibility
- Ability to work effectively in teams

### My Path Part: 2

- Awareness of restorative justice
- Understanding of values and ethics in society
- Practical writing skills
- Ability to communicate effectively in a group
- Stronger problem solving abilities
- Ability to manage anxiety and depression
- Improved relationships

### My Path Part: 3

- Understand the importance of routine when released
- Understanding stigmatization and their new place in the community
- Ability to manage depression and the role of support structures
- Ability to effectively solve problems
- Recognition of one's own competencies
- An effective resume (for job seekers)
- Understand how to finance a business
- Ability to identify job or business opportunities
- Awareness of how to contribute to community development
- Understand the working environment and its expectations



### **Target Audience**

Incarcerated offenders who have a minimum of two years (remaining) to serve at time of programme registration.

### **Programme Delivery**

The programme is delivered in 3-hour sessions once a week for approximately a year. Additional weekly workshops are negotiated to provide for skills training, such as public speaking, debating skills and creative writing.

### **Monitoring and Evaluation**

- Pre and Post programme assessments conducted to establish behaviour change and personal growth.
- Written and creative homework exercises are submitted on a weekly basis for assessment. Individuals and groups both receive ongoing feedback.

### **Case Study**

“I was a very angry man when I arrived in Zonderwater Maximum Security prison,” says Thulani Modise. “I blamed everyone around me for my bad luck and felt like a victim of my circumstances. As time went by, I became withdrawn, depressed that I was wasting away in prison. I planned my revenge for the time when I was freed. With a lot of scepticism, I joined Khulisa’s “My Path” programme, believing it wouldn’t be relevant for me. Every session surprised me though. It was like a light they were switching on inside my head and heart. Gradually I came to understand myself and the reasons for the choices I made in life. The problem of being in jail became an opportunity to develop myself and learn from my mistakes. “My Path” was the most fundamental part of my rehabilitation.”