

DEPARTMENT OF OFFENDER REHABILITATION

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AN EVALUATION OF  
EMOTIONAL MATURITY INSTRUCTION  
FROM THE CORRECTIONAL PERSPECTIVE



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PREPARED BY:

BILLIE S. ERWIN  
SENIOR OPERATIONS ANALYST

GERALD T. FLOWERS  
SENIOR OPERATIONS ANALYST

GEORGIA DEPARTMENT OF OFFENDER REHABILITATION  
OFFICE OF RESEARCH AND EVALUATION  
800 PEACHTREE STREET, N.E., ROOM 605  
ATLANTA, GEORGIA 30308

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## TABLE OF CONTENTS

	PAGE
ACKNOWLEDGEMENTS . . . . .	i
PREFACE . . . . .	ii
1.0 DESCRIPTIVE INFORMATION . . . . .	1
1.1 Biblical Influence . . . . .	1
1.2 Response Conditioning . . . . .	1
1.3 Instructional Setting . . . . .	3
2.0 ADMINISTRATION OF THE PROGRAM . . . . .	4
2.1 Judicial Psychometrics . . . . .	4
2.2 Community Resources . . . . .	4
3.0 PREVIOUS STUDIES OF EMI . . . . .	6
3.1 LEAA Study by Benjamin Frank, Ph.D., (1971) . . . . .	6
3.2 Russell A. Chadbourn and Luciano L'Abate, <u>An</u> <u>Evaluation of Emotional Maturity Instruction:</u> <u>A Review of Assumptions, Methods and Results,</u> <u>1975.</u> . . . . .	7
3.3 Charles Siminson, Ph.D., and Jack M. Sink, Ph.D., <u>Reporting Regarding the Judicial Service</u> <u>Administration, Dougherty County, Georgia,</u> <u>1972.</u> . . . . .	8
3.4 B. C. Graves, Ph.D., <u>Predicting Air Force</u> <u>Recidivism by the MMPI Test-Retest, 3320th</u> <u>Retraining Group Amarillo Technical Training</u> <u>Center (ATC) Amarillo Air Force Base, Texas,</u> <u>June, 1963.</u> . . . . .	10
3.5 Carl H. Schmidt, <u>A Research Proposal for</u> <u>Evaluating the Effectiveness of Emotional</u> <u>Maturity Instruction, August, 1978.</u> . . . . .	11
4.0 CRITIQUE OF EMI CLAIMS AND CURRENT PRACTICE . . . . .	13
4.1 Inadequate Research Design . . . . .	13
4.2 Data Collection Errors . . . . .	13
4.3 Possible Violations of Constitutional Rights . . . . .	14
4.4 Questions of Psychological and Physiological Theory . . . . .	14
4.5 Biblical Claims . . . . .	14
4.6 Use and Interpretation of Psychometric Tests . . . . .	15

TABLE OF CONTENTS (cont)

	PAGE
5.0 STRENGTHS OF EMI . . . . .	16
5.1 Emphasis on Individual Goal Setting . . . . .	16
5.2 Utilization of Community Institutions of Control . . . . .	16
5.3 Volunteer Utilization . . . . .	17
5.4 Innovation in Approach . . . . .	17
5.5 Expectation of Positive Change . . . . .	17
6.0 ADDITIONAL EVALUATION OF CLAIMS . . . . .	19
6.1 EMI Graduates from Georgia State Prison . . . . .	19
6.2 EMI Graduates from Dougherty Judicial Circuit . . . . .	20
6.3 Analysis of Crime Reduction Claims . . . . .	21
6.4 Success of Diversion in Dougherty Judicial Circuit . . . . .	22
7.0 CONCLUSIONS AND RECOMMENDATIONS . . . . .	24

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The formal evaluation of Emotional Maturity Instruction (EMI) represents a cooperative effort of a team composed of DOR operations analysts, statisticians, and a field psychologist. The four member team included Billie S. Erwin, Senior Operations Analyst, Gerald T. Flowers, Senior Operations Analyst (authors of the project). Assisting with the project were Tim Carr, Chief of Statistics, who searched existing records and statistical analyses; and Nanon Goodman, Corrections Psychologist, Southwest District, who collected program information.

We are grateful to the Honorable Judge Asa D. Kelley, Jr., for giving generously of his time to provide information and in arranging contacts with Wilbur D. McCarty, Director of the Judicial Service Agency, and with other community leaders. We wish to express a word of appreciation to Dan MacDougald, the author of Emotional Maturity Instruction, for his cooperation in making information available without reservation.

## PREFACE

Emotional Maturity Instruction (EMI) is a cognitive approach to behavior modification designed by Dan MacDougald with Leonard A. Hippchen, Ph.D., as consulting psychologist. Other consultants who have also contributed are: Dr. Luciano L'Abate, Dr. Ray A. Craddick, Dr. Frank Haronian, Dr. Richard Parlour, and Dr. C. D. Warren.

EMI was initiated in Dougherty County in 1970, as a Judicial Service Project, through the Department of Human Resources. The stated purpose was to supply new testing and rehabilitation techniques and to reduce the cost of welfare by reducing crime.

EMI is sometimes described as a structured course in socialization. The author describes it as a course in love and how to restore it when it is lost.

This evaluation was conducted in response to a proposal by Dan MacDougald that the Georgia Department of Offender Rehabilitation (DOR) implement EMI as a state correctional program. The purpose of the assessment is to advise the response to this request by reviewing information about the program and its impact on the lives of public offenders who have participated in EMI classes to date.

The Office of Research and Evaluation is an independent assessment service within DOR which responds directly to the Commissioner of Offender Rehabilitation. Individuals wishing additional information concerning DOR's evaluation service may

contact George H. Cox, Director, Office of Research and Evaluation.  
Georgia Department of Offender Rehabilitation, 800 Peachtree  
Street, NE, Atlanta, Georgia 30308.

## 1.0 DESCRIPTIVE INFORMATION

EMI course materials are presented in workbook form and stress careful consideration of persons and property in social interactions. EMI teaches a system of mind control using a Socratic method of questions in sequence designed to raise one's tension level with the purpose of leading the individual to resolve tension by examining existing goals that may not be realistic and forming new goals that are realistic and productive.

### 1.1 Biblical Influence

EMI materials are heavily influenced by moral teachings and word definitions derived from Aramaic biblical translations of the teachings of Jesus. Biblical concepts of love for neighbor are taken from an abstract level and applied to specific situations.

### 1.2 Response Conditioning

In addition to biblical influence, EMI theory is heavily influenced by Russian psychologists Pavlov and A. R. Luria in the area of response conditioning. The original course materials defined the human mind functions in terms of goals, attitudes and symbols.

Revisions of the course--which were copyrighted in 1978 and 1979<sup>1</sup>-- have been changed to remove specific religious doctrine and make more general application of moral teachings in a framework of natural or universal law. Emphasis is still placed on Aramaic word definitions and the idea that speech habits control behavior. Much professed psychological theory has been added, describing the human mind in terms of eight functioning

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<sup>1</sup>Emotional Maturity Instruction, Dan MacDougald, Social Services Laboratory, 1978, Revised, 1979.



systems which are said to control neural activity as follows:

1. Sensory Input System
2. Output System
3. Perceptual System
4. Judgment System
5. Regulatory Speech System
6. Will System
7. Physical Support System
8. Naphsha System

### 1.3 Instructional Setting

EMI instruction consists of 12 teaching sessions of two hours each. Three additional sessions are used for administering Minnesota Multiphasic Personality Inventory test on a test/retest basis to measure changes in personality and attitude.

Teaching groups are limited to five students to one teacher. Ninety percent of EMI classes conducted in Dougherty Judicial Circuits are taught by volunteers, some of whom are teenagers who have not completed a high school education. MMPI tests are administered by three secretaries who have been trained in testing by Wilbur D. McCarty, M.S., Director of the Dougherty County Judicial Service Agency.

Judge Asa Kelley, Chief Judge of Dougherty Judicial Circuit, utilizes EMI extensively for offenders who have plead guilty or been found guilty by the Court, holding them in jail without bond for a period of time averaging 15 weeks prior to sentencing while undergoing EMI to determine attitude change which might predict success on probation. Other sentenced offenders who are not held in jail are ordered to participate in EMI as a special condition of probation.

Another special condition of probation frequently used as an adjunct to EMI is the requirement to submit to the Psychological Stress Evaluation test which is similar to a polygraph test. The Stress Evaluation is administered by Ross Urquhart, a county employee trained by the Dector Company to administer the test. Judge Kelley states that this test is not used as a determining factor in sentencing but may be required to detect violations of probation or may be taken voluntarily by probationers as a consideration for termination.

## 2.0 ADMINISTRATION OF THE PROGRAM

EMI is conducted in Dougherty County by the Judicial Service Agency. The agency is administered by a 12 member Board of Directors which sets policy and is accountable to Dougherty County Commission and the Courts. This county funded agency administers EMI, serves the Courts by providing Psychological Screening as a pre-sentence tool, sponsors a Volunteers in Probation Program, and operates a Nutritional Counseling Project. Students receiving EMI either in jail or in the community are also offered remedial reading on an as-needed basis; funding is through the Dougherty County Board of Education utilizing Title I funds.

### 2.1 Judicial Psychometrics

Mr. McCarty estimates 60% of staff time is utilized in performing clinical evaluations for the Courts as sentencing guides. The evaluation consists of MMPI, Welsh Figure Preference Test, Visual Preference Development Test (developed by Dan MacDougald), and a personal history form filled out by the client.

Tests are administered in group settings by secretaries and interpreted by Wilbur McCarty. In the majority of cases, Mr. McCarty does not conduct a personal interview with the client before making his recommendation to the Courts.

### 2.2 Community Resources

Approximately 100 volunteers are actively involved in teaching EMI classes or in volunteer probation supervision, primarily with juvenile offenders. The average monthly activity is:

150 Receiving EMI Instruction

200 Receiving Psychological Screening

35 Receiving Nutritional Counseling (Mr. McCarty provides this service as a practitioner of "orthomolecular psychiatry<sup>2</sup>."

Individual files are kept on each client containing test records, but clinical contacts are not recorded.

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<sup>2</sup>Orthomolecular psychiatry is said to utilize nutritional analysis, nutritional supplements and megavitamins to effect biochemical changes at the cellular level as a treatment for behavior disorders and functional mental disorders.

### 3.0 PREVIOUS STUDIES OF EMI

Several studies have previously been done to assess the content of Emotional Maturity Instruction and its effectiveness as a rehabilitative tool. Two of the studies considered here were conducted under LEAA auspices, one by the United States Air Force, and two others as academic research.

#### 3.1 LEAA Study by Benjamin Frank, Ph.D (1971)

One of the first evaluations of Emotional Maturity Instruction in a correctional setting was done by Dr. Benjamin Frank. At the time of his evaluation, Frank was a consultant to the Law Enforcement Assistance Administration Technical Assistance Program. His evaluation was conducted during May of 1971 on an active Emotional Maturity Instruction Program at the Sumter Correctional Institution, a unit of the Florida Division of Corrections located near Tampa, Florida.

Frank's summation of EMI literature cites "turgid rhetoric," "involutional logic," and a "gross misreading" of neural and cortical physiology. He states that there is no physiological evidence of neural structures in the brain (or the mind) which determine criminality or shape ones attitudes toward law, authority, forgiveness, or love of neighbor.

Frank analyzes a basic contradiction in the way EMI is structured and rationalized. Contradiction is evidenced in the assumption that criminality is a learned behavior which can be unlearned through an instructional process, while criminality is also said to be fundamentally pathological in nature due to impaired neural structures created by deficiencies in socialization which are said to be cured by a change in the selective, inhibitory blocking system to the brain. Dr. Frank concludes that these two approaches are incompatible.

3.2 Russell A. Chadbourn and Luciano L'Abate, An Evaluation of Emotional Maturity Instruction: A Review of Assumptions, Methods and Results, 1975.

This analysis utilizes testing scores and an in-depth study of a single case to evaluate the claims of EMI. It should be noted that Chadbourn and L'Abate have served as testing consultants with Dan MacDougald. Dr. L'Abate is also listed as a consultant in revisions of EMI materials.

This study considers strengths of EMI, agreement between claim and evidence, logic of assumptions, and the feasibility of empirical testing of claims.

In the case studies analyzed, the authors cited positive clinical improvement, at least as indicated by MMPI test results. The authors conclude that clinical improvement is evidenced in the majority of EMI students.

Whether or not the evidence is convincing is said to depend on its range of applicability to other clinical populations, its use in the hands of less charismatic leaders than its author and his associates, and the elimination of novelty and other Hawthorne-like effects.

Strengths cited are (a) clear structure of training guidelines and process, (b) simplicity of administration of instruction, (c) and testability of instructional objectives.

A major weakness noted is that of ad hoc theorizing. Developers of EMI were said to have formulated a program then searched for connections between observed effect and psychological theory. Proponents' writings concerning changing of neural structure or gestalts involve unwarranted over-interpretation.

Additionally, the authors feel that some disadvantages may lie in the frankly religious overtones with a consequent aura of moral brainwashing. This aspect tends to limit applicability of EMI to specific populations.

Chadbourn and L'Abate concluded that EMI could be recommended as an effective and inexpensive tool for rehabilitation. They also recommended that future research be done to measure outcomes under a true research design, citing an apparent selection bias in representation of groups receiving EMI.

Specific recommendations were that research focus on:

- a. comparison of effectiveness of EMI with other psychodynamic and behavioral techniques;
- b. the use of the same method without religious overtones;
- c. the relationship of this method to other theories of information processing and attitude change;
- d. use in varied settings administered by different individuals;
- e. localization of areas of maximum and minimum utility; and
- f. interrelation to other treatment modalities.

The authors of this study noted that a rehabilitative methodology need not be applicable to all problems and all individuals to be effective. It was recommended, however, that effort be made to determine the limits of applicability of EMI to client subpopulations.

3.3 Charles Siminson, Ph.D., and Jack M. Sink, Ph.D., Report Regarding the Judicial Service Administration, Dougherty County, Georgia, 1972.

The purpose of the survey was to evaluate the Emotional Maturity Instructional program operated by the Judicial Service Agency in Dougherty County, Georgia, in regard to results as they relate to stated goals and objectives.

The authors interviewed the Judge of the Superior Court and the Judge of the Juvenile Court for Dougherty County. They also interviewed project staff: director, director of education and psychological consultant

in addition to the area planner and state planner. A review of randomly selected records of clients and materials and systems used in the Emotional Maturity Instruction was made. The evaluation of the program was based upon a juvenile population.

The authors grouped their reactions to Emotional Maturity Instruction into positive and negative groups. In their positive group were:

1. The total staff of the agency appeared to be motivated, interested, and devoted to a program to which they were totally committed.
2. There was an apparent wide-spread community involvement in support of the community program.
3. The staff initiated a Volunteer in Probation Program.

Their negative reactions were:

1. An undue amount of weight was being given to the emotional maturity profile obtained through the utilization of MMPI.
2. There were no apparent measurable evaluation procedures to determine the assets or liabilities of the Emotional Maturity Instruction program.
3. There seemed to be a common practice to sentence people on the basis of their attitudes rather than on the basis of their actions.
4. There is some indication that the Emotional Maturity Instruction program is designed to teach appropriate responses rather than develop a true change of attitude within the individual student.
5. The system allows children to be placed in detention by an arresting officer.

Subsequent to this study, the continuation of LEAA funding for EMI was denied due to lack of confidence in its alleged scientific approach to behavior modification as well as a lack of confidence in the validity of the methodology used for evaluating the program's impact.



3.4 B. C. Graves, Ph.D.; Predicting Air Force Recidivism by the MMPI Test-Retest, 3320th Retraining Group Amarillo Technical Training Center (ATC) Amarillo Air Force Base, Texas, June, 1963.

This program was conducted to test the hypothesis that the MMPI could be used on a test/retest basis to determine likelihood of recidivism.

Upon enrollment in the program, retrainees were given the MMPI as a personality measure. They were then given 100 hours of classroom instruction with emphasis on self-understanding. The program included religious counseling with a chaplain, recreational activities, and contact with volunteers. Retrainees were encouraged to change behavior standards and conform to Air Force Regulations. Upon completion of the program, retrainees were again given the MMPI.

Retrainees who completed their tour of duty with no further difficulty and received an honorable discharge were termed "successful", and those who were discharged under classification of unsuitable, undesirable or bad conduct were termed "unsuccessful."

Two groups of 35 were selected randomly for study. Results of this study indicated no significant differences existed between first and second MMPI scores between successful and unsuccessful retrainees on the 17 scales rated by MMPI. The authors of this study rejected the hypothesis that the MMPI could be used on a test/retest basis to determine the likelihood of recidivism.

It was found, however, that significant differences between the "successful" and "unsuccessful" trainees did exist on two scales: psychopathic deviance and hysteria. It was concluded that the MMPI was a potentially useful instrument for predicting Air Force recidivism on a limited basis.

Having designed an experiment under controlled conditions, the authors were able to make credible analyses of outcomes. Their results did not show any significant changes on MMPI scores after intense retraining program which could be correlated with recidivism.

This study did not involve the use of EMI materials, but it did utilize a similar format consisting of MMPI, instruction for behavior change using counseling, religious training, and community volunteers, and MMPI retest. For this reason we have considered it as a related study.

3.5 Carl H. Schmidt, "A Research Proposal for Evaluating the Effectiveness of Emotional Maturity Instruction," August, 1978.

The title of this report seems to suggest that its purpose is to outline a research undertaking or design. The actual purpose, however, seems to have been to evaluate the effectiveness of EMI as a means of reducing recidivism in a correctional setting.

A list of all offenders appearing before the Superior Court of Dougherty County was compiled for year 1968-1977. Through probation files it was determined which offenders had received EMI, and any subsequent arrest or conviction was considered as evidence of recidivism.

Offenders were deleted who had transferred out of circuit, and the remainder were tracked and grouped as "successful" or "unsuccessful" A ratio between these two groups was reported in Schmidt's study.

Schmidt described the group receiving EMI as the "experimental group" and the group which did not receive EMI as the "control group." No measures were exercised to determine the comparability of the two groups or the degree to which selection factors existed in determining which offenders received EMI.

Using these groupings Schmidt cited 73% success or 27% recidivism among the experimental group, and 4% success or 96% recidivism among the control group. These findings have subsequently been publicized as evidence of EMI success.

Schmidt concludes that EMI offers a highly developed, economical approach to the direct attempt to change attitudes and behavior in anti-social persons. He states it has demonstrated applicability in institutional and community settings and among adult and juvenile offenders. He states "EMI appears to offer great potentiality to correctional administrators who would like to make measurable impact toward reduction of the recidivism rates among their releasees."

#### 4.0 CRITIQUE OF EMI CLAIMS AND CURRENT PRACTICE

In our analysis we find weaknesses which relate to the content of EMI materials and in the methodology utilized to substantiate claims. Since proponents have released findings of the Schmidt study for national publication, the methodology utilized by Schmidt has, in fact, led to claims of overwhelming success.

##### 4.1 Inadequate Research Design

The methodology utilized by Schmidt and publicized by EMI proponents shows selection bias, and the design does not provide necessary controls to permit any valid analysis of outcomes of EMI. The methodology is not time-defined, and no safeguards have been used to obtain similar groupings for comparison. While Carl Schmidt refers to an EMI group and a "control group" in arriving at success figures which he attributes to EMI, he ignores other evaluations that point to weakness in experimental design which have prevented analysis of variables or examination of causal relationships in the past.

##### 4.2 Data Collection Errors

Significant data collection errors have been discovered through checking available record sources on cohorts which have been computerized since 1974. A significant incidence of rearrest and conviction was found among cases counted as EMI successes in previously released figures. Resulting statistical errors tend to misrepresent the results by indicating a higher rate of success than evidence verifies. Practice effect would also tend to produce higher positive results in the test/retest method.

### 4.3 Possible Violations of Constitutional Rights

Legal questions have been raised challenging the constitutionality of EMI on the basis of religious freedom. Suits are now before the courts concerning the constitutionality of the religious content of EMI and challenging the use of the Psychological Stress Evaluator. Other serious legal questions have been raised regarding the practice of holding offenders in jail without bond for extended periods of time while completing EMI and regarding administering of vitamins, a practice which has now been discontinued at the Dougherty County Jail.

### 4.4 Questions of Psychological and Physiological Theory

The psychological content of EMI is viewed by independent psychologists as containing key concepts which are meaningless and represent wholesale rejection of concepts which have been developed and scientifically tested over decades. While some elements of accepted scientific theory have been incorporated, frequent misapplication of theory in areas of psychology and physiology have been cited in independent studies.

Dr. Benjamin Frank has accused the EMI program of adopting a "psuedo-scientific facade" and a "gross misreading" of what is known about neural and cortical physiology. MacDougald's analysis of the human mind in eight functioning systems is not consistent with widely accepted body of scientific knowledge.

### 4.5 Biblical Claims

Emphasis on biblical teachings and word definitions derived from the Aramaic Bible are emphasized as the earliest and purest source for translation of the teachings of Jesus. Extensive research conducted by biblical scholars has suggested that earliest New Testament manuscripts were recorded in the Greek language.

While this in no way challenges the veracity of the Aramaic Bible, claims that Codex manuscripts are older or purer sources for translation of New Testament teachings of Jesus have been strongly refuted by biblical scholars.

#### 4.6 Use and Interpretation of Psychometric Tests

Several questions have been raised regarding the use of psychometrics. Jack M. Sink pointed out that measures were being used which are not listed in the Burros Mental Measurements Year Book and that attitude changes are assessed without use of recognized attitude instruments and without acknowledgement of practice effect on retest scores. Sink questions the practice of sentencing on the basis of attitude rather than on the basis of actions.

## 5.0 STRENGTHS OF EMI

In our analysis we have found strengths which lie in the functioning of EMI, especially in the area of community involvement. As implemented under the Judicial Service Agency of Dougherty County, many supportive factors involve a wide range of community resources. Community commitment to rehabilitation of offenders is suggested as a primary strength.

### 5.1 Emphasis on Individual Goal Setting

To the degree that EMI leads the individual to examine his goals and attitudes and to set realistic goals and to accept responsibility for behavior outcomes, it has strength as a potentially effective tool in corrections. There may be, however, much less individual freedom for self-evaluation than claimed when one considers moralistic definitions of "good" and "bad" attitudes, words, and even dietary habits. A paradox is noted in the fact that EMI literature advocates reduction of fear, while EMI has been shown to be most effective in controlled or confinement settings where fear factor is a possibly strong influence toward making required changes.

### 5.2 Utilization of Community Institutions of Control

As administered in Dougherty County, EMI effectively mobilizes existing community resources as a positive factor in rehabilitation. EMI reinforces existing institutions of control such as family and religious structures. Parents of juvenile offenders are frequently required to take the course along with the child.

Religious homogeneity in the community provides support for the moral teachings of EMI, and conversely, EMI reinforces the religious institutions. Peer pressure is mobilized in the community and in teaching groups to exert influence toward accepted attitudes and behavior.

### 5.3 Volunteer Utilization

EMI involves community action. Community support--as evidenced by funding of the Judicial Service Agency, participation of volunteers in policy-making roles, as teachers, and as volunteers in probation--represents a substantial commitment of community resources to enhance the success of EMI. Such involvement in programs for probationers has been shown to be a characteristic of stronger, more effective efforts toward rehabilitation.

### 5.4 Innovation in Approach

EMI sets forth theories which are courageous in challenging widely accepted theories concerning functioning of the human mind and innovative in approach to behavior modification in the field of corrections. Medical disciplines and psychiatric disciplines are constantly gaining new insights into the functioning of the human brain and the relationship of the body's chemical balance to behavior.

New discoveries in specialized fields have not yet been molded into a unified understanding of the human mind; and admittedly, much is still to be learned. For this reason, professionals in the field of corrections can point to no proven methodology for reducing criminal behavior that works for all offenders and are constantly seeking new methods that can be shown to produce positive results in clearly defined situations.

In areas which are clearly open for new understandings, EMI does offer a new approach.

### 5.5 Expectation of Positive Change

EMI and the testing methodology which is associated with it are positive in approach insofar as there is the expectation of positive change built into the methodology. A basic concept is the conviction that



labels of deviance should not be considered static and test results become permanent labels. This positive feature is similar to Vocational Rehabilitation policy guidelines which require that a test result or evaluation be "current" to be considered in treatment or disposition of a case.

## 6.0 ADDITIONAL EVALUATION OF CLAIMS

Utilizing statewide DOR statistics, we have re-analyzed the success of offenders who received EMI at Georgia State prison and in Dougherty County. By reassessing the success or failure of EMI graduates we are able to make some comparison with statewide recidivism rates.

### 6.1 EMI Graduates from Georgia State Prison

In re-analysis of success of the 22 EMI graduates who completed instruction at Georgia State Prison in 1968, DOR computerized records and Parole Board paper files were checked. Four out of the 22 returned to prison within 5 years of their release; a 5-year return-to-prison rate of 18.2%.

Widely circulated articles have made claims that none of the 22 felons who completed EMI at Reidsville have subsequent violations of the law. Leonard J. Hippchen, Ph.D., in an article published in 1974, by the Thomas Jefferson Research Center cited an 18-month follow-up conducted on these offenders with no record of violation during the tracking period. It is not clear whether the tracking period followed offenders 18-months after release. It appears that some of the offenders may have been still incarcerated at time of tracking.

Another article which claims success not verified by DOR records was published October 16, 1978, in The St. Petersburg Times and circulated by Associated Press. Bernard F. Hillenbrand, in an article entitled "A Prisoner Rehabilitation Program That is Working," stated that of the 22 offenders who completed EMI at Reidsville in 1968, none had been found in violation of the law 10 years later. Our own records show this claim to be clearly erroneous.

The Reidsville sample of 22 offenders was too small to allow for many conclusions. We have, however, obtained data on a larger sample of offenders who have been released from Reidsville (253) and matched to the EMI group on the basis of age and race. The failure rate for this comparison group was found to be 23.7%. Failure was calculated for both groups on the basis of reentering the prison system within 5 years after release either by new sentence or by revocation of parole. The resulting comparison of the rate of failure of the 22 offenders who completed EMI at Reidsville with a sample of 253 offenders similar by age and race did not produce differences in outcomes which were statistically significant.

More information would be needed about offender characteristics, possible selection factors in assignment to EMI, and a larger experimental sample for any valid assessment of outcomes. It would appear, however, that for the Reidsville EMI graduates, a recidivism rate lower than statewide averages cannot be clearly established at this time.

## 6.2 EMI Graduates from Dougherty Judicial Circuit

While the Schmidt study presented statistics from which a one-year rearrest rate of 20% could be inferred among 1977 EMI graduates in Dougherty County, subsequent check of available DOR records revealed a 40% rearrest rate among 1977 EMI graduates. DOR staff found a total of 111 cases of rearrest and reconviction of cohorts who completed EMI in Dougherty Judicial Circuit who were reported as successes in the Schmidt study.

Highest rates of new found failures were found in recent years. This, in all probability, can be attributed to the lack of computerized records prior to 1974. The highest failure rates would be expected among prisoners with the earliest release dates. Statistical re-analysis of Schmidt's tables in the light of these new findings dropped what he labelled "the success rate" from 73% to 63%.

In the Schmidt study 96% of the "control group"--probationers from the same circuit not receiving EMI--were said to have been rearrested during the 11-year period of follow-up. These figures are extremely high by any known standards. The fact that Schmidt makes no attempt to explain these figures or to define the control group raises serious questions concerning the reliability of these statistics in his study. If the "control" is weighted, the "experimental group" statistics are also biased.

Dan MacDougald and other proponents of EMI frequently cite the study done by Carl Schmidt as evidence of EMI success. In the Schmidt analysis of EMI, the "control group" is not precisely defined, and there is every reason to suspect selectivity has occurred in the assignment to EMI of those most amenable to change. Judge Asa Kelley, in a recent interview, stated it is his procedure to order EMI for those offenders he considers most likely to benefit and most likely to show positive change.

### 6.3 Analysis of Crime Reduction Claims

Dougherty County arrest rates for the seven FBI listed crimes showed an increase in 1978, and in first quarter 1979. Dougherty ranks 3rd among 42 judicial circuits in felony arrests per 100,000 population. No available crime information statistics support claims that EMI is successful in reducing adult crime.

Juvenile Court Judge Eugene C. Black, Senior, does claim that reduction in the number of cases brought before the Juvenile Court for disposition is attributable to use of EMI. The Department of Youth Services statistics, however, show Dougherty ranking extremely high in juvenile arrests and in confinement in Regional Youth Development Centers.

Summary of all available data does not support claims that EMI changes behavior or reduces crime rates when applicable to a specific geographical

area. Previous research, however, has been too inadequate to prove that EMI could not change behavior.

#### 6.4 Success of Diversion in Dougherty Judicial Circuit

Although Dougherty County has an extremely high arrest rate, the county is also notable for a high rate of success in diverting offenders from the prison system. Dougherty ranks 2nd among the 42 judicial circuits in percentage of cases probated, with only an 8.9% revocation rate over a two year period, 32nd among 42 judicial circuits.

The fact that offenders are being successfully diverted from the prison system is further illustrated by Dougherty's ranking of 33rd among 42 judicial circuits in per capita prison admissions. It is interesting that Dougherty County's released prisoners have the highest rate in the state of returned to prison within 3 years after release, 30.2%.

These facts would seem to indicate appropriate sentencing patterns by the Courts. The Court utilizes alternatives to incarceration in a large percentage of cases, and it sentences to prison those who are predisposed to repeat crimes.

Many factors contribute to the successful diversion of the offenders in Dougherty Judicial Circuit. The confidence which Judge Kelley has in the EMI program as an alternative to incarceration has been a significant factor in sentencing patterns.

Community support is evidenced by continued funding for the Judicial Service Agency and by participation of volunteers. Concern and involvement on the part of citizens appears to have the effect of strengthening existing community controls by reinforcing family, religious authority and peer pressure toward accepted standards and behavior.

Another factor in the community is the Albany Diversion Center which offers a supportive residential environment alternative. Some offenders are sentenced to reside at the center while receiving EMI.

It is clear that offenders in Dougherty County are being diverted from the prison system with a high rate of success. Many factors other than EMI seem to contribute to this success.

## 7.0 CONCLUSIONS AND RECOMMENDATIONS

Previous studies have been inconclusive, and there is little evidence that EMI offers an effective rehabilitative methodology. Further studies conducted by parties who have no connection with the program could be helpful in objective evaluation of outcomes.

While we do not feel that any conclusions regarding the effectiveness of EMI can be supported by the available evidence, we make the following recommendations.

1. We recommend that DOR withhold any implementation of EMI even on a pilot basis until a ruling concerning the constitutionality of the religious content is received from the United States District Court.

Although recent revisions have attempted to eliminate elements which might be constitutionally challenged, we feel it is incumbent upon the program developers to establish its legality before our agency considers any implementation.

2. Assuming the constitutionality of EMI is upheld, one approach might be a pilot project in a circuit or institution removed by distance from the Albany area, utilizing volunteer participants from randomly selected treatment and control pools. Comparison could then be made between outcomes of the two groups. Without such a project, scientific claims of EMI success should be viewed skeptically.

We do not recommend that EMI be piloted unless generically similar programs such as "Guides to Better Living" are also studied for comparison of outcomes. Otherwise, the underlying treatment validity factors will not be amenable to "factoring out" should success occur.

3. Probation supervisors should be advised of pending legal action challenging the constitutionality of required participation in EMI as a special condition of probation. Insofar as it is within the power of DOR staff to make recommendations regarding assignment to EMI, we would suggest that only volunteers be assigned.

In cases that are ordered by the Court to participate in EMI as a special condition of probation, we recommend that probation supervisors avoid active involvement in scheduling clients for EMI classes until questions concerning constitutionality have been resolved by the federal courts.

4. We recommend that DOR assess the testing practices being utilized in Dougherty Judicial Circuit to predict risk prior to sentencing.

A National Institute of Corrections grant for research of a risk assessment instrument is currently researching psychometric instruments in a DOR project seeking a reliable instrument to recommend for utilization in predicting risk prior to sentencing. Grant Director, Bill Read, has been advised of the psychometrics being utilized in Dougherty County as an adjunct to EMI and of the evidence of appropriate sentencing in that county as indicated by high rates of success of probation and high rate of return to prison of those who are incarcerated. It is within the capability of the risk assessment project to adequately research the validity of the psychometrics being utilized in association with EMI; therefore, we do not recommend additional research in this area.

The practice of periodic re-testing to determine changes that may occur during a period of treatment or incarceration should also be assessed. This assessment is suggested with a view to establishing standards for time periods for which psychological test results can be considered valid for use in formulating treatment plans.

EMI should be considered as one of many self-improvement programs that may be offered to offenders. Several programs are now being utilized which have the purpose of leading the individual offender to accept personal responsibility and to set goals for future life.

These programs may be considered on a continuum from the most introspective such as Transcendental Meditation to the most cognitive such as Guides to Better Living. Guides to Better Living, which is presently being utilized in Georgia correctional institutions, is highly structured with workbook materials and four textbooks for study.



Emotional Maturity Instruction could be compared to Guides to Better Living as a structured, cognitive approach which emphasizes attitude and goal adjustment.

One aspect of EMI which might be compared to shock probation and synanon encounters is the teaching methodology of heightening tension with the purpose of forcing the offender to recognize the seriousness of his problem and seek resolutions. This conscious inducement of higher tension levels would be in extreme contrast with more introspective methods which seek to promote immediate relaxation of tension.

Value Clarification, Life Skills, and Transactional Analysis are other programs that are slightly less structured but are designed to lead the offender through self-evaluation and decision-making to more successful living.

Groups of voluntary participants are also involved in a wide range of religious programs in Georgia Institutions including various Protestant and Catholic Christian groups, Muslim groups, and Alcoholics Anonymous groups.

It is desirable that a broad range of treatment modalities be available with the treatment plan being decided by the case manager on an individual case basis. With a broad range of options, the case manager is better able to select the plan most suitable for the individual case or to allow the client to choose between several alternatives which would be beneficial in developing positive attitudes and goals. Voluntary participation eliminates problems regarding religious freedom and also may increase effectiveness.

EMI could be regarded as one of many personal development programs which may be effective for selected offenders in re-examination of attitudes, habits and goals leading to more acceptable behavior patterns.

**END**