

#### Site

HMP Huntercombe

#### Name of project / initiative

Stoic project

#### Overview

The Stoic course is a 15 session programme run by the PE instructors at Huntercombe. The programme is based on Stoic philosophy and was put together by PE department with the help of academic and expert on the Stoics, Dr John Sellars. It teaches the men to understand that they can determine how they react to a given situation, and how to do so, with a particular focus on events that might otherwise trigger an angry and potentially violent response. The programme is aimed at prisoners with a history of poor behaviour either at Huntercombe or, for recent receptions, in their previous jail. During Covid, we have moved to offering the programme on a one-to-one basis but we hope to move back to group based delivery in due course. We have also developed a 'What's next' workbook to complement the programme. The programme has received excellent feedback from participants, and it has been evaluated by HMPS South Central Psychology Service, who concluded that the men's well-being and levels of hostility improved significantly after taking part.

#### Longevity

Since early 2019

#### Benefits

See 'overview'

#### Uniqueness

This programme is unique to Huntercombe at present

#### Applicability

The programme could be rolled out in other prisons, there is a manual and plenty of online resources to support delivery elsewhere and a number of other prisons have shown interest.

#### Requirements

There are few specific requirements but it does need a PE team committed to the approach.

#### For more information:

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See also: <https://www.theknowledgeexchange.uk/wp-content/uploads/2021/07/Huntercombe-HMP-attach.pdf>

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