

# 12° OF FREEDOM

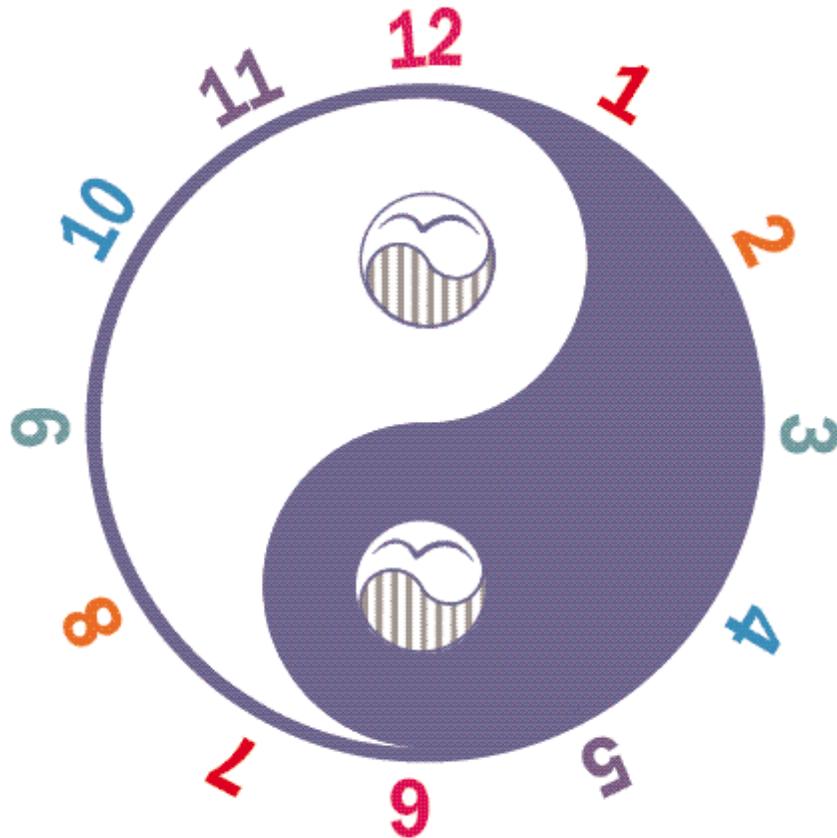
## Synergetics and the 12 Steps to Recovery

A MANUSCRIPT IN TWO VOLUMES

Integrating Synergetics, Accelerated Learning Techniques, 12 Steps to Recovery and 5 Steps to Decision Making, in an approach to the treatment of offenders incarcerated as a result of crimes related to drug and alcohol abuse.

- By  
CHERYL LIRETTE CLARK

### VOLUME I - THEORETICAL MODEL



12° OF FREEDOM  
SYNERGETICS AND THE 12 STEPS TO RECOVERY

VOLUME I - THEORETICAL MODEL

BY  
CHERYL LIRETTE CLARK

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**12° OF FREEDOM**  
**SYNERGETICS AND THE 12 STEPS TO RECOVERY**

**A MANUSCRIPT SUBMITTED TO  
THE FACULTY OF THE SCHOOL OF HEALTH AND HUMAN SERVICES  
OF COLUMBIA COMMONWEALTH UNIVERSITY  
IN CANDIDACY FOR THE DEGREE OF  
DOCTOR OF PHILOSOPHY**

**BY  
CHERYL LIRETTE CLARK**

**DECLARATION OF AUTHENTICITY**

I declare that all material presented to Columbia Commonwealth University is my own work, or fully and specifically acknowledged wherever adapted from other sources. I understand that if, at any time it is shown that I have significantly misrepresented material presented to the University, any degree or credits awarded to me on the basis of that material may be revoked.

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Cheryl L. Clark

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## **DEDICATION**

It is with deepest gratitude and much love that I dedicate this work to my mother, Eileen Sloan Lirette Coghill. A young war widow, just shy of 18 when I was born, she sacrificed much to ensure that I would have the means to a good education. Very often she did without things for herself so that she could save the small monthly allowance she was allotted from the government as a “War Orphan’s” benefit for me,—even though her widow’s benefit was cancelled because she made more than \$50 per month from her clerical jobs. She did this to ensure there would be money set aside to pay for my college education, a dream she held for me from before I was born. Her love for all her children knows no bounds and I am proud to be her first, the one she “*practiced*” on.

She also proofed every word of this document, checking my still creative spelling and typing, about which she once asked when I was in undergraduate school and she carefully re-typed my papers, corrected my grammar and made sense of my writing, “*How can you be in college when you can’t spell or type?*”

My reply, “*You can.*”

Thanks, Mom, for so much, always.

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Jerry Gillis continues to lead the team who make Shock Incarceration possible in the institutions. Phil Simiele, John Passmore, Jim Ratliff, Sandi Polakow, Paulette and Alan Strong, Cal and Dan West, Frank Benedetto, Bob Brown, Brian Carroll, Sue Gasiewicz, Dave Gray, Pat Harity, Bruce Jarvis, Kevin Kallin, Wayne Lewis, Kim Longo, Guilio Manino, Barney Mikulski, Paul Pape, Jerry Peters, Vic Sorrento, Larry Sterns, Bill Wyant and Bill and Mike Wright, "walk point" for Shock, leading the way for many who have cheerfully taken up the standard. They set the tone for excellence in all they do. Carolyn Colunio, Lori Cullinan, Terri Koeppel, Perk Newell, Linda Olsen and Ginny Pezzula provide cheerful, practical support.

Doug Millar and Stacia Murphy were the first to "stand and deliver" by taking this work into the community in *AfterShock*. Their work has been invaluable in sustaining graduates post-release and in encouraging others to follow their lead.

Bill Beers was the first to introduce the TLE™ to the West Coast and continues to uphold the standard as Superintendent of the SUMMIT program in Oregon. Chris Duval enthusiastically supported this work and inspired the “H.I.T. List”. C. Martin Lensing, Warden *Extraordinaire*, has contributed greatly to the success of the TLE™ through his leadership of the IMPACT Program in Louisiana. Frank Gripp, Juan Rivera and Walter Lau are the standard bearers in New Jersey.

Carmella Betts, Joe Hanrahan, Lisa Kelsey, Kathy Lavarney, Patti Lorenzetti, Tom Margeit, Brenda Post, Doug Ricci, Janice Smith and Betty Valerio were among those who supported Superintendent Passmore and Deputy Superintendents Bogan and West as they implemented the newest variation of the model at Willard DTC. Gloria “*The Incredible*” Hultz was a staunch supporter long before she arrived at Willard and has promoted the TLE™ and DOING LIFE! all over the world. Diane Geiman made sure the *American Correctional Association* recognized the value of our work.

My family, both immediate and extended: brothers, Tom and Steve Coghill, sisters Bridget Fico, Dr. Beverley Wemple and Melanie Tacosa, their spouses and children, my terrific nieces and nephews: Catherine, Jamie, Alex, Kimberly, Kerry and Liam; Auntie and Unkie; my “*cuzzins*”, especially Mary, Ted, and most of all Joél Frierson, who coached me through many disasters and nightmares with QuarkXPress™ (that I created) and gives so generously always, to all of us. To all my beloved family who have given so much and taught me the importance and value of family, thank you for being mine and for your constant love and support.

To the thousands of graduates of the TLE™, particularly the leaders, Yolanda, Ed, Michael, Cheryl and Keith, who continue to carry the message and “Keep Hope Alive”, thank you for all you do to demonstrate the success of the work discussed here.

I am certain that I have left out many important people who have contributed to my now more than 35-year learning journey. Please accept my heartfelt gratitude and apology if your name escaped me as I wrote this.

I am deeply grateful to all of my teachers and supporters and continue to look to them for inspiration. Please be aware that while they taught me much, none of them are to blame for my interpretations of what they shared with me. All mistakes and errors in thinking are my own. There is nothing more valuable to me in all the world than the support I have received from all mentioned here and others who have so generously given of their time and energy.