

Getting Out by Going In (GOGI)

GOGI Certification Requirements

Program Launch Date: January 1, 2019

Certified GOGI Community Coach, GOGI GRep Trainee, and GOGI Advocate certification requirements:

Communities are in need of the valuable services formerly incarcerated certified GOGI Coaches are offering as they reintegrate into society. The GOGI Advocate, GOGI GRep, and Certified GOGI Community Coach requirements below will assist GOGI in our inevitable collaborations with Universities and Colleges as we standardize optimal service to the community.

- 1) **Mandatory** (Completion of this category results in a GOGI Advocate Certification) Candidates will complete a minimum of 11 units from this category which may be completed no sooner than 15 weeks:
 - 8-week How To GOGI Book Study Course (3 units), or its Spanish equivalent, the GOGI Por Vida Book Study Course (3)
 - 4-week Pelican My Life Story Insight Development Course Eng/Sp (2 units)
 - 12-week GOGI Certificate Program Eng/Sp (4 units) or 15-week GOGI Group Certificate Program (4)
 - A minimum of one of the in-cell courses listed below (2-4 units)

- 2) **Electives** (Completion of this and the above category results in a GOGI Rep Certification) In addition to the above requirements, candidate will complete a minimum of 10 units from the elective courses below:
 - 8-week GOGI Anger Management (4)
 - 4-weeks GOGI Insight Development (2)
 - 4-weeks GOGI Release Preparation (2)
 - 15-weeks GOGI Group Certificate Program Workbook Eng/Sp (4)
 - 15-weeks GOGI Leadership Certificate Program Workbook Eng/Sp (4)
 - 4-week With Love Coach Insight Development Course (2)
 - 12-week Teach Me How to GOGI Book Study Course (3)
 - 12-week How to Teach GOGI Course (3)
 - 4-week Daily Dose of GOGI courses (2 credits each)
 - & any additional approved GOGI courses yet to be published

- 3) **Leadership Competency Projects** (Completion of this category results in GOGI Community Coach certification) In addition to completion of the two categories above, candidate will seek academic approval prior to beginning the below mandatory 11 units:
 - 4-week GOGI Peer Coach in Training Project (3)
 - 12-week GOGI Peer Coach Certification Project (3)
 - 12-week GOGI Peer Coach Special Project (5)
 - Practicum Hours – Required hours determined by scope of above projects

GOGI Certification Course Descriptions

HOW TO GOGI BOOK STUDY

8-week course How To GOGI Book Study Course (3 units)

As a self-study or as a small group circle study, this course requires reference to the HOW TO GOGI book, which is the main manual for all GOGI studies. Each week the student reads and reviews specific chapters, writing reflectively on experiences and opinions related to the materials. This course can be completed as a solo study or used as the material during small peer mentor circle study.

POR VIDA BOOK STUDY

8-week GOGI Por Vida Book Study Course (3 units)

The GOGI Por Vida text is the main text manual for Spanish speaking GOGI students. This is the companion course to that text, walking the student through each chapter of the textbook in a way that solidifies the learning of the basic tenants of the GOGI and outlining how to support the GOGI culture and meetings. Daily reading and writing assignments over a 8-week period reinforce a deep understanding of the GOGI materials.

MY LIFE STORY

4-week Pelican My Life Story Insight Development Course (2 units)

Inspired by the GOGI leaders of Pelican Bay State Prison at the California Department of Corrections and Rehabilitation, this course permits the student to document aspects of their history, their present and their future related to choices of the past, as well as choices of the future. The GOGI Tools are infused into the questions, permitting reflection of the tools and their possible use. This is most effective if all writing is completed as solo study but this course may be powerful if completed within a small peer mentor circle study group.

GOGI CERT PROGRAM

12-week GOGI Certificate Program (4 units)

Over a 12-week period the student learns details regarding the GOGI Tools, the application of each tool and is required to reflect on the application of these tools. One of GOGI's more intense and demanding courses, this can be a foundational text for small peer mentor group circle study as well as independently completed.

ANGER MANAGEMENT

8-week GOGI Anger Management (4 units)

Completed as a solo study or small peer mentor circle group study, this course focuses on the GOGI Tools of the Body and how they can be used to increase levels of peace within the individual or to help others identify ways to increase levels of peace through utilizing the GOGI Tools of the Body. A reflective writing course focused on application, the student is able to read scenarios presented by former GOGI students and project possible outcomes related to these scenarios when the GOGI Tools are applied.

INSIGHT DEVELOPMENT

4-weeks GOGI Insight Development (2 units)

Development of insight permits the student to widen perspective related to the use and application of the GOGI Tools. With increased insight, the student may consider additional ways to be of service to others. Studied independently or in small peer mentor circles, this course is a 4-week focus on the daily experience in widening perspective and encourages greater compassion and insight.

RELEASE PREP

4-weeks GOGI Release Preparation (2 units)

Release Prep is a 4-week course encouraging the student to understand the process of change from the perspective of preparation for an inevitable change in location or lifestyle. This course is applicable to anyone seeking to prepare for a sense of freedom, but was specifically designed for those in transition from settings of confinement or incarceration to physical freedom. This course was designed as an independent study but has proven powerful when used within the small peer mentor circle study setting, especially with small groups of individuals preparing for release from confinement.

GOGI GROUP CERT PROGRAM

15-weeks GOGI Group Certificate Program Eng/Sp (4 units)

Offered in English and Spanish, this is a companion course to the GOGI Group Peer Mentor Circle meetings. This course permits 15-weeks of reflective writing related to the small peer mentor circle meeting experience as well as the mid-week application and observation of the GOGI tools in their daily life. While attendance of a GOGI Peer Mentor Circle meeting does not require completion of this companion course, GOGI only awards certificates of completion upon successful completion of this meeting companion course. Attending a GOGI meeting does not generate completion; only completion of the written companion text generates GOGI documentation. This course is only applicable if the student is attending the GOGI Group Peer Mentor Circle meetings and cannot be completed as independent study.

GOGI LEADERSHIP CERT PROGRAM

15-weeks GOGI Leadership Certificate Program Eng/Sp (4 units)

Offered in English and Spanish, this is a companion course to the GOGI Group Peer Mentor Circle meetings for leadership training. This course permits 15-weeks of reflective writing related to the small peer mentor circle meeting experience as well as the mid-week application and observation of the GOGI tools in their daily life, focusing the attention on future facilitation of GOGI Peer Mentor Circle meetings. While attendance of a GOGI Peer Mentor Circle meeting does not require completion of this companion course, GOGI only awards certificates of completion upon successful completion of this meeting companion course. Attending a GOGI meeting does not generate completion; only completion of the written companion text generates GOGI documentation. This course is only applicable if the student is attending the GOGI Group Peer Mentor Circle meetings and cannot be completed as independent study.

INSIGHT DEVELOPMENT - WITH LOVE COACH

4-week With Love Coach Insight Development Course (2 units)

Offered in English and Spanish, this is a companion course to the With Love, Coach book. Encouraging the student to increase their insight into nature and the nature of mankind, this book can be used as a self-study course or as the study materials for small peer mentor circle study. This course is best suited to students who have completed 4 or more GOGI courses as the tools are described from an implementation perspective rather than explanatory as to their function.

TEACH ME HOW TO GOGI

12-week Teach Me How to GOGI Book Study Course (3 units)

This companion course to the popular Teach Me How to GOGI manual provides the student the opportunity to explore their own abilities to facilitate GOGI studies with one or more individuals. Over a twelve-week period the student facilitates weekly meetings and writes reflections on the suggestions, activities and meeting procedures. This reinforces a level of competency and provides a ready resource for small peer mentor group circle study.

HOW TO TEACH GOGI CERTIFICATE PROGRAM

12-week How to Teach GOGI Course (3 units)

The HOW TO TEACH GOGI CERTIFICATE PROGRAM is a perfect supplement to the facilitator's experience overseeing a GOGI Peer Mentor Circle group. The course requires the weekly engagement of two or more students who conduct GOGI meetings according to the GOGI Calendar. The course requires the student to reflect on the meeting experience while providing helpful insights into creating the optimal group experience.

DAILY DOSE OF GOGI

4-week courses focused on each of the four sections of tools (2 units each)

The four DAILY DOSE OF GOGI series of courses were first introduced to prisoners in isolation housing at Pelican Bay State Prison in 2015 and became the foundational learning for men who eventually earned the ability to be relocated to general population yards, many who continued on to earn GOGI Peer Coach or Coach status. These 4-week courses are an easy way for the student to better understand each of the sections of tools and are ideal for independent study or for small peer mentor circle study as well.

NEW COURSES TO BE ADDED

New courses will be added to the course catalog list and will be included into the electives category.