

Alex B. Caldwell, Ph.D. and Curtis S Hileman, Ph.D. conducted a pilot study on 58 participants of an earlier form of the Quadrinity Process from 1983 to 1985. It should be noted that prior to 1986 the format of the Process was different than it is today (two 3-hour sessions per week for 13 weeks [i.e., twenty-six 3-hour sessions] versus the present 7-day residential intensive). Although the overall content of the Process during those earlier years was similar to what is offered today, the program has been refined and improved in many ways since then. It should also be noted that there was no control group for this pilot study.

The Caldwell Report

In order to assess the effectiveness of the Hoffman approach as impartially as possible, we consulted two experts in the field of psychological research. Dr. Alex B. Caldwell and Dr. Curtis S. Hileman worked together in conducting detailed evaluations of psychological test data provided by our clients and statistically analyzing the results. Their primary interest was in examining differences in important areas of psychological well-being between the time that people began the Process and the point at which they completed it thirteen weeks later. To study these matters, over a three-year period they randomly selected 58 clients to complete the Minnesota Multiphasic Personality Inventory (the "MMPI"); once when people initially decided to take the Process and then again at the end of the program. Notably, the MMPI is one of the most respected tests for measuring the degree and nature of psychological difficulties and change. MMPI profiles were then rated by the two clinicians on eleven dimensions of mental health, which the researchers believed to be central to healthy adjustment.

It should also be noted that as a prerequisite step in establishing the scientific reliability of the research findings, Drs. Caldwell and Hileman showed high agreement rates in independent test interpretations. Each of

these two MMPI authorities were highly consistent in repeated evaluations of the same respective tests.

On the whole, we believe that the findings of the Caldwell Report can serve as a foundation for endorsing the value of what the Hoffman Quadrinity Process has to offer for those individuals who experience a need for personal change and are willing to risk an attempt at personal change. The research project was not designed to conclude that people who take the Hoffman Quadrinity Process will most assuredly find their way to a better life than those who decide to work things out on their own. The researchers reported that their findings suggest that Quadrinity Process participants make significant strides toward more satisfying and productive lives and that the Process is beneficial for increasing the rate with which such strides are made and the potential for a long-lasting effect in such gains.

In summarizing their study Dr. Curt Hileman, one of the principal researchers, stated: "Overall the research finding clearly indicated that clients showed considerable improvement for all eleven aspects of psychological well being which were considered. In fact, many of the clients showed dramatic improvements. Perhaps most importantly, at the end of the thirteen weeks test results tended to indicate significantly higher levels of global psychological adjustment. Also especially important, based on our perspective on basic factors which influence healthy development, individuals at the end of the Process had much more healthy attitudes toward their parents than they did when they first enrolled. In keeping with these patterns, clients showed stronger signs of accepting and valuing themselves, marked by a decrease in anxiety and depression symptoms. In terms of relating effectively with other people, the clients tended to be less distrustful and MMPI indications suggested that others were apt to view them easier to talk to and be with at the end of the Process. Finally, pre-post Process changes suggested that, after the Quadrinity Process, personal decisions and were less likely to resort to alcohol or drugs as a means for coping with personal distress."

Note: Again we emphasize that the Caldwell Report was a pilot study of an earlier generation of our current program and there was no control group

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