The Social Exclusion Simulation (SES):
A Tool for Addressing Social Structures and Systems

“I learned real life barriers that exist in society. It was an eye opening experience.”

“A redefinition of the idea of social exclusion from what I had before.”

“[The Simulation] reminded [me] of my role again as a professional in the mental health field, that there is a lot I can do in addition to providing therapy and conducting assessment.”

-Comments from Simulation Participants

What is the SES?
A powerful role-play exercise that allows participants to see more clearly the ways in which society’s systemic and structural barriers produce social exclusion for certain groups of people. The SES simulates social exclusion processes by replicating the experiences of formerly incarcerated women attempting to re-enter society following their release from prison.

Who participates?
Participants include students, faculty and staff of the Adler School of Professional Psychology, members of the greater Chicagoland community, anyone interested in learning more about social exclusion.

What do participants do?
Participants adopt authentic Chicago-based case histories of formerly incarcerated women and are tasked with re-entering society – finding a place to live, a job, healthcare and other necessities – in the face of structural and systemic barriers.

Why is the SES important?
It helps participants understand the limits of personal responsibility and the critical role for social change initiatives.

What are participant outcomes?
- Increased understanding of what structural and systemic barriers are and how they work to undermine opportunity and access.
- Increased appreciation of practical limits of personal responsibility, agency, and choice.
- Increased motivation to adopt attitudinal and behavioral changes in pursuit of social change.
- Increased empathy for other marginalized groups.
- Apprehend the shock and disappointment about roadblocks of re-entry.

How can I get involved?
If you would like more information about the Social Exclusion Simulation, contact the Institute on Social Exclusion at ISE@adler.edu.