

STUDY GUIDE

Walsh, Chapter 1 Understanding the Need for Theory

“There is nothing so practical as a good theory.” Kurt Lewin

Casework, Assessment, Counseling, and Criminal Justice

Casework: The design and implementation of monitored programs of activity with the goal of assisting offenders to lead productive and law-abiding lives.

Assessment: Formal evaluation and analysis of offender’s deficiencies, needs, risks. This is accomplished with the use of well-researched and tested instruments.

Counseling: A process in which clients are led to explore their feelings and concerns so that they will have increased awareness of the self-destructive nature of their behavior and of alternative behavior choices.

How does criminal justice counseling differ from general counseling?
How does counseling differ from psychotherapy?

Criminology: The study of the causes of crime.



The Usefulness of Theory

Theories offer plausible explanations of how known correlates of crime are linked together.

Theories are scientific, data-based, empirically generated.

Theories about crime and criminality must be context-specific.

Practitioners must be sensitive to both macro (sociological) and micro (psychological) analyses and perspectives.

Correctional Philosophy and Restorative Justice

Humanizing justice by bringing victim and offender together to negotiate a mutually satisfying way to correct the wrong done.

Restoring the situation to its pre-crime status.

The Balanced Approach to Restorative Justice

Giving equal weight to three objectives:

community protection, offender accountability, offender competency.

Retributive Justice vs. Restorative Justice

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Walsh, Chapter 2 Sociological and Psychological Theories

Anomie Theory - Emile Durkheim

The relationship between social cohesion and crime

Strain Theory - Robert Merton

Adaptations to strain: conformity, ritualism, retreatism, innovation, rebellion

Differential Association Theory - Edwin Sutherland

Four general principles of differential association theory

Control Theory - Travis Hirschi

Four elements of the social bond:

attachment, commitment, involvement, belief

From Social Control to Self-Control - Michael Gottfredson & Travis Hirschi

The extent to which an individual is vulnerable to the temptations of the moment

Low self-control is traced to poor parenting practices.

Criminal Lifestyle Theory - Glen Walters

Three key concepts: *conditions, choices, cognition*

Eight thinking errors: *rationalization, cutoff, entitlement, power orientation, sentimentality, super optimism, cognitive indolence, discontinuity*

Walsh, Chapter 4

The Self: Principal Tool of the Correctional Helper

Self-concept - "the picture we have of ourselves in our heads," "the product and producer of your experiences" (p. 47).

Both your self-concept as well as your client's is important. Theirs is likely deficient. How about yours?

Refers to the capacity to give and receive love, to consider oneself a worthwhile person, to be confident in oneself, to be able to behave responsibly.

Good self-concept is the "product of your experiences." "It derived from positive beliefs about you held by significant others." Negative self-concept "will tend to confirm ...self-perceptions derived from...unhappy experiences" (p. 48).

"Since new concepts of self are learned as a consequence of interactions with the helper, effective helpers must be significant people" (p. 48).

Self-concept includes "two separate motives: the motive to think well of the self (self-esteem) and the motive to protect the self from change--the self-consistency motive. (p. 48).

Self-esteem

Low self-esteem - "acceptors" and "deniers" (p. 49):

"Acceptors" - "constantly put themselves down"

"Deniers" - "fight against their low opinions of themselves by constantly putting other people down so that they may feel superior by comparison"

"Both are psychological traps."

"...people's self-consistency motive must be challenged before they can build their self-

esteem" (49).

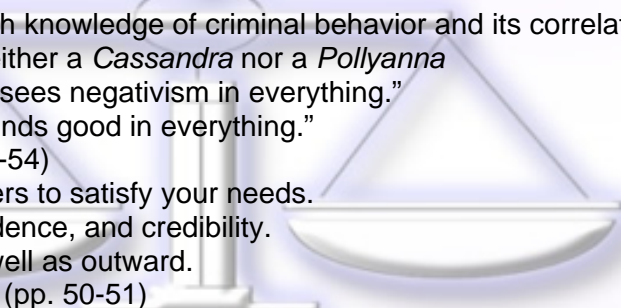
"The desire for self-approval--to think of oneself as worthy--is perhaps the dominant force in a person's motivational system" (49).

Qualities of Effective Correctional Workers

Five dimensions of effective correctional supervision:

1. Relationship factors: Correctional workers should relate to inmate/offenders in an open, enthusiastic, and caring way.
2. Authority factors: Be firm but fair. Distinguish between rules and requests. Reinforce behavioral compliance, do not use dominance and abuse to force it.
3. Anti-criminal modeling and reinforcement: Demonstrate and reinforce noncriminal styles of thinking, feeling, and behaving.
4. Concrete problem solving: Help offenders to build skills and remove obstacles to prosocial behavior in home, school, and work setting.
5. Advocacy and brokerage: Help offenders to help themselves by brokering services offered in the community that will help them with items 1-4. (pp. 49-50)

Important qualities of an effective correctional worker:

1. Possess a thorough knowledge of criminal behavior and its correlates
 2. Be realistic. Be neither a *Cassandra* nor a *Pollyanna*
A *Cassandra* "sees negativism in everything."
A *Pollyanna* "finds good in everything."
(see pages 52-54)
 3. Do not use offenders to satisfy your needs.
 4. Inspire trust, confidence, and credibility.
 5. Reach inward as well as outward.
(pp. 50-51)
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Self-disclosure

Self-awareness is extremely important. But do not ask offenders to help you explore your intimate concerns.

The Johari Window - effective device for seeing different aspects of the self.

As applied to you:

The public self - "habitually shared with others"

The private self - "You should not burden others with excessive and exhibitionist disclosure of the private self."

The blind self - "what others see but we do not"

The unknown self - "the area of unconscious facets of the self. Can be a reservoir of great untapped potential and talents. An unwillingness to explore unknown areas of the self is indicative of a frozen self-concept" (p. 58).

As applied to the offender:

The public offender: You need to meld the "official" and "public" client.

The private offender: "is that part of the offender that he/she wishes to keep unscrutinized by others, especially you...It represents the behaviors, feelings, and

motivations that the offender habitually hides..."(p. 58). May or may not be problem areas, but can be a starting point for mutual exploration.

The blind offender: "those aspects of the self of which the offender is unaware but threat the officer perceives and to which the officer is sensitive" (p. 59). Emphasis should be placed initially on positive aspects of self (IQ tests, school records, comments by others).

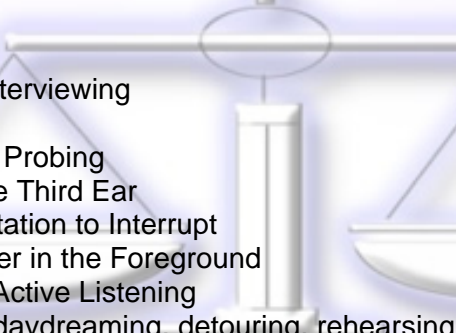
The unknown offender: "unknown to officer and offender alike" Many will remain unknown. "The offender should be encouraged to explore it in order to discover the unknown potential that we all possess" (p. 59).

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Walsh, Chapter 5 Interviewing and Interrogating

What is the distinction between interviewing, counseling, and interrogating?

Purpose of the Criminal Justice Interview:



- The Offender
- The Victim
- Techniques of Interviewing
- Active Listening
- Questioning and Probing
- Listening with the Third Ear
- Resist the Temptation to Interrupt
- Keep the Offender in the Foreground
- Impediments to Active Listening
 - arguing, daydreaming, detouring, rehearsing

Responding: Guiding the Offender's Disclosure

- paraphrasing/restatement of content
- reflection of feeling/mirroring
- clarification

Preparing the Interview:

- The Physical Setting
- Familiarity with the Case
- Initiating the Interview
- Meeting the Offender: Respect and Rapport
- Explaining the Purpose of the Interview

Conducting the Interview with the Offender

- The Interviewer's Language and Demeanor
- The Use of Authority
- Dealing with Awkward Offenders
- Terminating the Interview - summarize, conclude, go over your notes

Interrogating the Offender

Limited Uses of Interrogation
Being Confident by Being Prepared
Ask Leading Questions
Bluffing - don't try it

Essential skills: timing, teaching effective risking, professional humility

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Walsh, Chapter 6 The Presentence Investigation (PSI) Report

Primary and Secondary Purposes
Uses of the PSI
PSI Checklist
Guidelines for Preparing the PSI
Sample PSI Reports
Open-ended questions
Closed-ended questions



Walsh, Chapter 7 Assessment Tools and Guidelines

Exploring Offender Attitudes and Feelings
The Client Management Classification (CMC Assessment Instrument)
See questions on pp. 439-469

4 Levels of Supervision
Selective Intervention, Environmental Structure, Casework/Control, Limit Setting

Client Risk and Needs Assessment (See pp. 473-483)
Scales are based on age at first conviction, criminal history, substance use history, education and vocational skills, family stability, employment history and potential, emotional stability, and intellectual ability.

Walsh, Chapter 9 Nondirective Counseling: Theory and Practice

What Correctional Counseling Is and Is Not
pathology vs. deficiency interpretation
long-term treatment and restructuring of personality vs. short-term life-adjustment training
How does psychotherapy differ from counseling?

Counseling Theories:
Psychoanalysis - Sigmund Freud
Client-centered Approach - Carl Rogers

Psychoanalysis

Tripartite structure of personality: id, superego, ego
Psychosexual stages: oral, anal, phallic
Defense mechanisms: denial, rationalization, fixation, displacement,
intellectualization, projection

The Client-centered Approach

Three core conditions that must be present for positive change to occur:
unconditional positive regard, genuineness, empathy

Developing Accurate Empathy
primary and advanced empathy
what accurate empathy is not

Lessons and Concerns

**Walsh, Chapter 10
Directive Counseling: Theory and Practice**

Transactional Analysis

Scripts
Games
Ego States: Parent, Adult, Child
Structural Analysis
Complementary and Cross Transactions
Lessons and Concerns

Reality Therapy

Theoretical Backdrop
The Reluctant/Resistant Client
Treatment and Supervision Plans: Balance, Simplicity, Orientation toward

Progress

Balance supervision plans with client's coping resources
Keep plans simple yet specific
Build on client's strengths

**Walsh, Chapter 11
Cognitive-Behavior Approaches**

"There is nothing either good or bad, but thinking makes it so."

Shakespeare's *Hamlet*

Changing Criminal Minds

Rational Emotive Behavior Therapy

The A-B-C Theory of Personality
MUSTurbations
What About Emotions?

"All cognitions have an element of emotion attached to them, and vice versa."

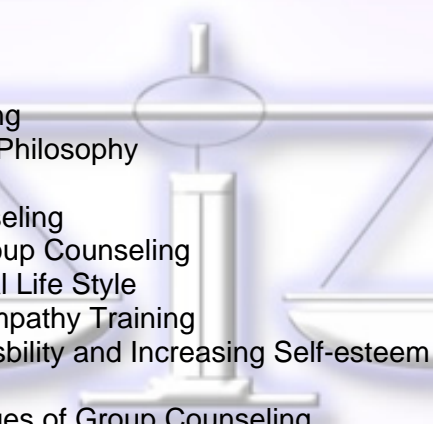
“RET assumes that human thinking and emotion are not two disparate or different processes, but that they significantly overlap and are in some respects, for all practical purposes, the same thing”

“Cognitions tame and modulate less noble emotions such as anger and hatred.”

Lifestyle Theory
Conditions, Choice, Cognition
Thinking Errors

Lessons and Concerns

Walsh, Chapter 12 Group Counseling in Institutional Settings



The Power of the Group
The Inmate Code
Group Dynamics
Planning for Group Counseling
Goals and Operating Philosophy
Selection of Members
Components of Group Counseling
Topics and Strategies for Group Counseling
The Cost of a Criminal Life Style
Role Reversal and Empathy Training
Reattributing Responsibility and Increasing Self-esteem
Difficult Group Members
Advantages and Disadvantages of Group Counseling

Walsh, Chapters 15 & 16 Dealing with the Alcoholic Client and the Drug Abusing Client

The Scope of the Problems of Substance Abuse
Some Causes
Assessment, Treatment, and Counseling of Alcoholics
Drug Abuse Treatment

Walsh, Chapter 17 The Sex Offender

Sex and American Society
The Public Image of the Sex Offender
Rape and Rapists
Assessment and Treatment
Child Molesters
Assessment and Treatment

**Walsh, Chapter 19
The Juvenile Client**

Legal Background
Causality: Psychological and Environmental Factors
Effective Supervision of the Juvenile Client
Family Counseling
Assessing the Youth's Needs

**Walsh, Chapter 20
The Female Offender**

Counseling Female Offenders
Feminist Counseling
Special Concerns of Women in Prison
Positive Rehabilitative Aspects of Female

Films

Cancelled Lives
Strive

