New directions in research on well-being: psychological process in everyday contexts

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The assessment of treatment’s programs

Grady et al. (2017):

- Examined recidivism outcomes for a sample of formerly incarcerated SOs who participated in a state prison-based cognitive-behavioral-skills-based treatment program, comparing treatment participants with a matched sample of non-participants.
- N= 512 ss observed for a minimum of 4 years and a maximum of 14 years.
- Findings indicate that there were no differences in recidivism rates between treatment participants and non-participants in sexual or violent crimes.
- However, participants demonstrated significantly lower rates of recidivism for non-violent crimes.
It is proposed that the standard cognitive-behavioural programs could be improved by providing extensive opportunities for offenders to practise disengaging deviant sexual schema.

**Foundamental active ingredients of effective treatment:**

1. creating a context in which change is possible,
2. teaching mechanisms for disengaging schema,
3. using mechanisms for invoking schema, and,
4. repeated practice invoking, then disengaging schema.
Some possible methods for invoking deviant schema would be to:

• have the offender remember all the times that he has been used, humiliated, or rejected by women.
• repeat key phrases that have been particularly hurtful ‘I’m such a loser’.
• create ideal sexual fantasies tailored to the offenders’ offence history.
• read material containing attitudes tolerant of sexual assault, such as North American Man Boy Love Association (a paedophile group) newsletters.
• view pornography.
1. Obtain an account of the sexual offense(s) moving from parents, to siblings, to offender, to victim
2. Ask each family member why it was wrong beginning with the offender
3. Therapist adds that it was also wrong because it caused the victim spiritual pain or “pain in the heart”
4. Therapist adds that it also causes a spiritual pain in the victimizer
5. Discuss other sexual victimization that has gone on in the family
6. Therapist adds that these behaviors also cause a spiritual pain in the family
7. The Apology – offender gets on knees in front of the victim and repents
8. The Apology II – other family members get down on their knees and repent for not having protected the victim
9. Discussing the consequences of any future abuse
10. Find a protector for the victim (e.g. responsible uncle, two grandmothers, etc.)
11. Individually with victim – work to place the abuse in context and orient victim to positive things in his/her life
12. Reparation – an act of long-term sacrifice for the offender that is beneficial to the victim
13. Reconnecting the offender to peers and appropriate social and sexual activities
14. Restoration of the parent’s love for the offender
15. Restoration of the offender’s role as protective of younger sibling
16. Help offender to forgive him/herself