

Criminal Thinking

Cognitive Skills

vs

Criminal Thinking

Comprehensive Programs

Detecting Deception
Polygraph
New Relapse Prevention
Criminal Thinking
Cognitive Skills
Intimacy/Social Skills
Deviant Arousal

Cognitive Skills

Problem Definition
Problem Solving
Perspective Taking
Stop and Think
Generating Alternatives
Testing Solutions

Cognitive Skills Program

Reasoning and Rehabilitation – Ross & Fabriano
Skill Streaming – Goldstein
Cort Cards – DeBono
Enhanced Thinking Skills (ETS) – HMPS
Wisconsin Adapted ETS – WI DOC
WCIG Wisconsin DOC

Anti-social Behavior

Understanding and Treating

Hanson Meta-Analysis Recidivism

Follow-up = 4 - 5 Years

New Sex Offense 13%

Any Offense 37%

(Hanson & Bussiere, 1996)

Adolescent Sex Offenders

Sex Offenders or Criminals?

Recidivism in Adolescent Sex Offenders

N = 46

Follow-up = average 5 years

General	65%
Violent	22%
Sexual	20%

(Langstrom & Grann, 2000)

Adolescent Sex Offenders

Sexual vs. General Recidivism

FU up to 6 years

Recidivism

Sexual	7.5 to 14
General Criminal	40 to 60

(Langstrom & Grann, 2000)

Interpretive Theory

N = 55 incarcerated offenders

5 institutions in 2 states

(Athens, 1997)

Pathways to Violence

Interpretive Theory

Physical Defense

Frustrative

Malefic

Frustrative/Malefic

(Athens, 1997)

Physical Defense

Victim is going to attack him

Victim is attacking him

"He just kept looking. Then I started thinking he was out to do something to me. He pulled out a knife and made for me, and I shot him once in the arm. He kept on coming, so I had to finish him off."

(Athens, 1997, p. 34)

Frustrative

Victim is or will resist his intentions

Example: rape, robbery car theft

Victim has some intention he wants to resist

Example: calling police

"My friend and I were punching the safe when a real young cop came in with his gun drawn and said, 'You're under arrest. Put your hands up.' The first thing I thought was, 'Here is ten years and I don't want to do any more fucking time.'"

(Athens, 1997, p. 38)

Malefic

Victim belittling him

Victim evil or malicious

Malefic

"We came to an intersection and slowed down when this big black dude in a Thunderbird coming the other way cut us off in the intersection while he made a turn. Then he drove by us with a big grin on his face throwing the bone."

(Athens, 1997, p. 39)

Malefic

"That dirty jive n____ flipping me off and grinning – now he thinks he's one bad n_____."

(Athens, 1997, p. 39)

Self-Images and Interpretations

Nonviolent

Occasionally Violent

Continually Violent
Crime

Physically
Defensive

Physically
Defensive or
Frustrative/
Malefic

All Four Dynamics of

(Athens, 1997)

Fixed Line of Intention

Restraining Judgment

Can't win

Victim acquiesces
Deference to 3rd party
Fears relationship loss
Fear getting caught

Overriding Judgment

(Athens, 1997)

Creation of Violence

Violent Subjugation

Personal Horrification

Violent Coaching

(Athens, 1992)

Remaking Relapse Prevention for Rapists

Sample

N = 24

Incarcerated for rape

New Zealand

Offense Paths of Rapists

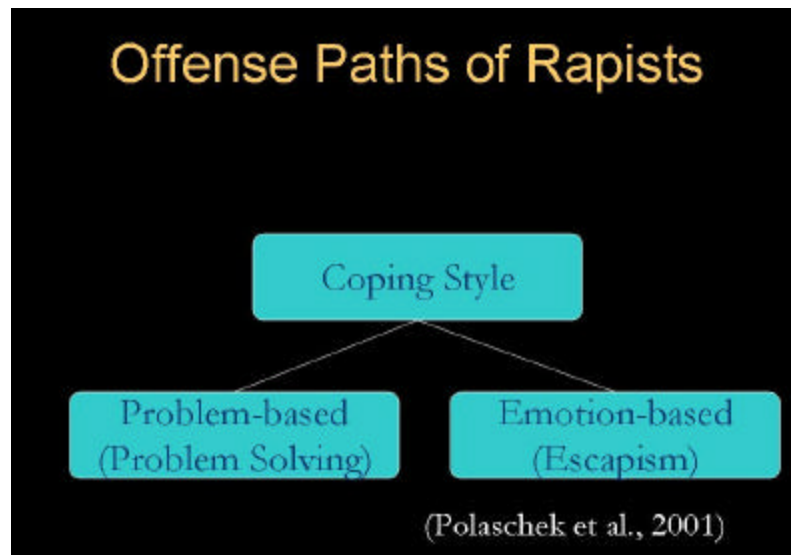
Background Factors

Generally Positive

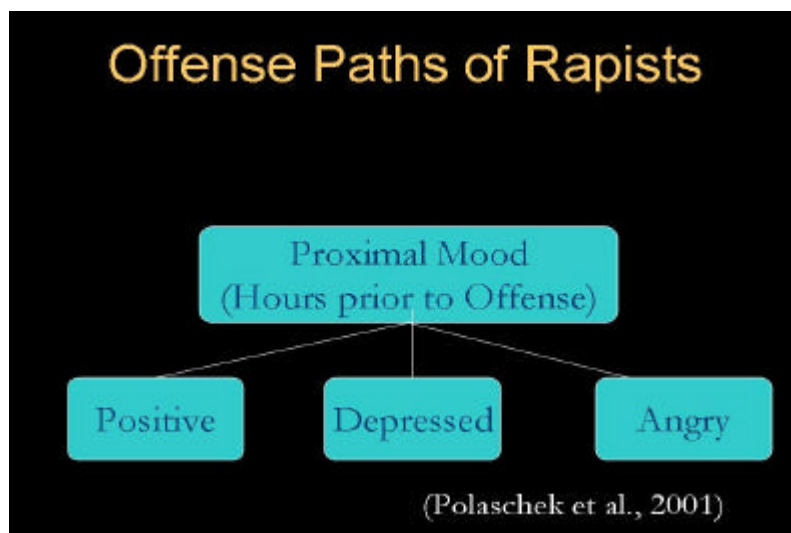
Generally Negative

(Polaschek et al., 2001)

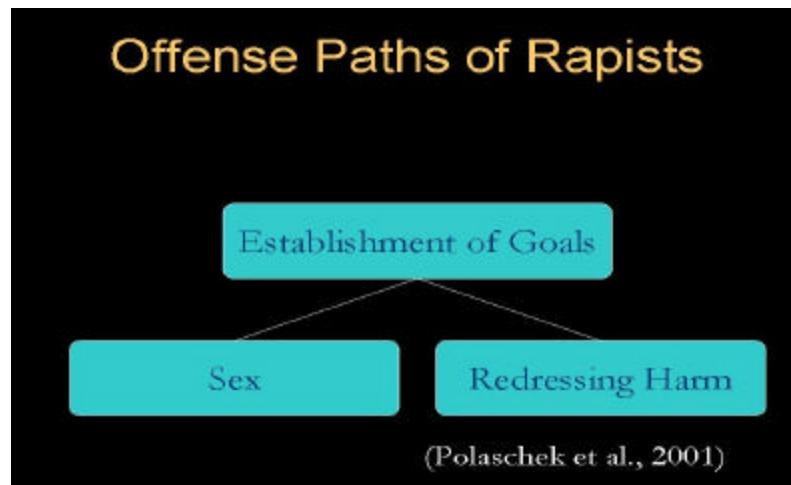
Offense Paths of Rapists



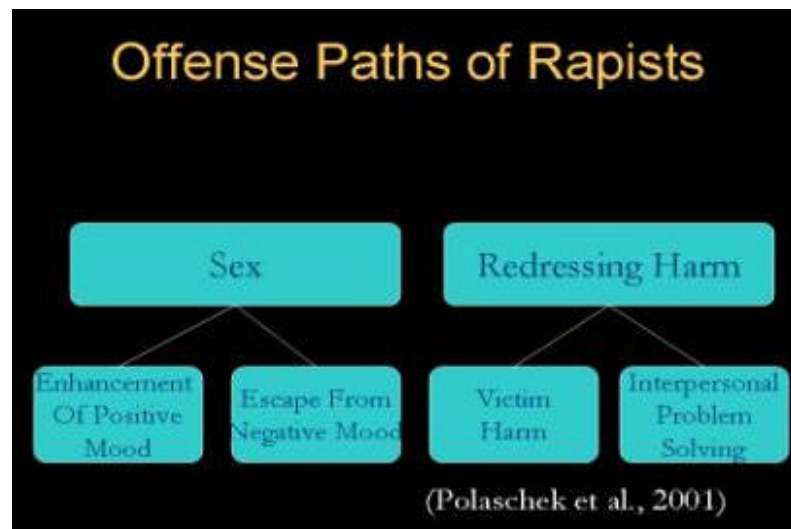
Offense Paths of Rapists



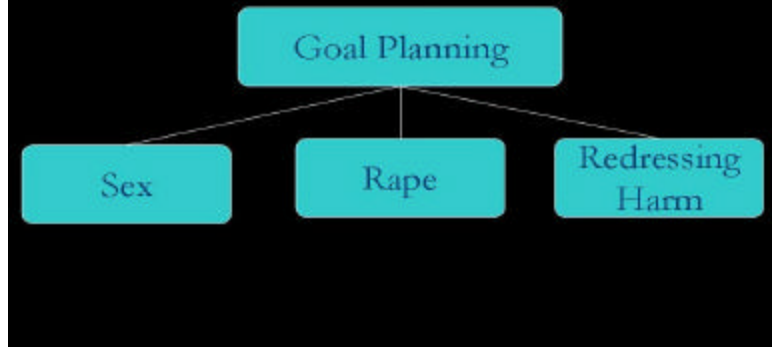
Offense Paths of Rapists



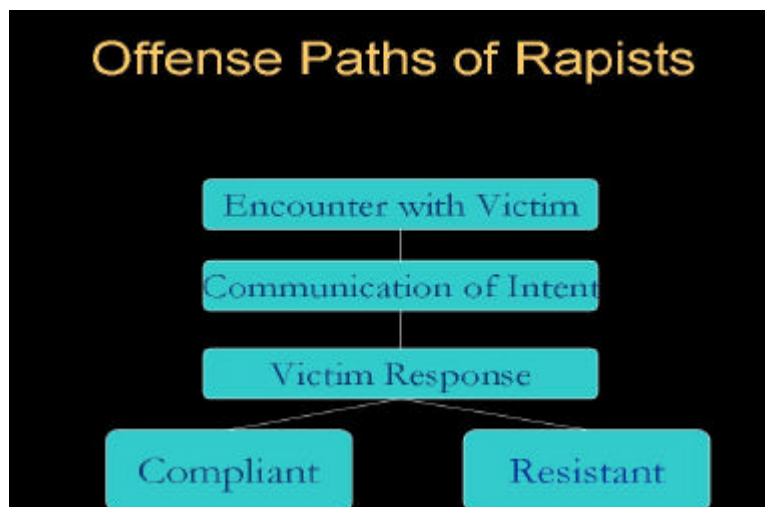
Offense Paths of Rapists



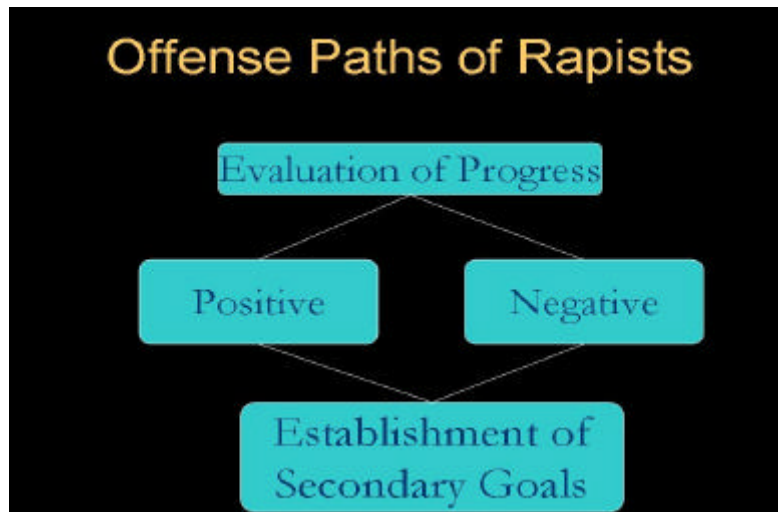
Offense Paths of Rapists



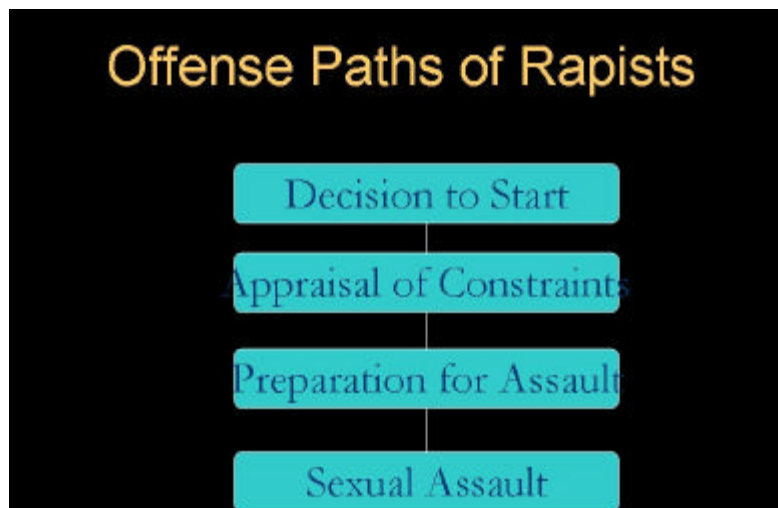
Offense Paths of Rapists



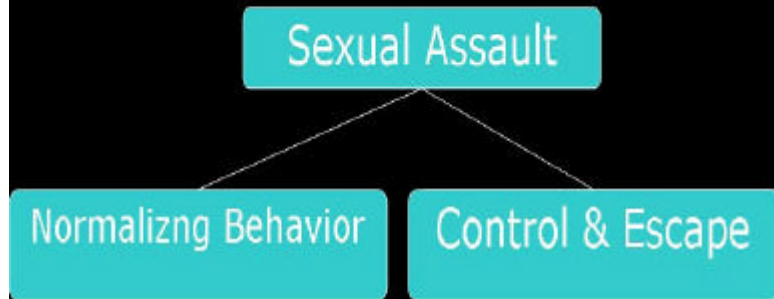
Offense Paths of Rapists



Offense Paths of Rapists



Offense Paths of Rapists



Cognitive Self-Change

Jack Bush

Thinking Controls Behavior

When Thinking Changes, Behavior Changes

4 Steps in Cognitive Self Change

Report thoughts, feelings, attitudes and beliefs.

Recognize how they lead to hurtful actions.

Use new thoughts, attitudes and beliefs that lead away from trouble.

Practice

(Bush, 1995)

Each Group

Cognitive Check-Ins

Thinking Reports

Timing

Check-Ins 3 to 5 minutes

Thinking Reports 1 hour

(Bush, 1995)

Cognitive Check Ins

Situation of inappropriate behavior or temptation of inappropriate behavior

Report thoughts, feelings, attitudes & beliefs

How they put them at risk

Describe alternative thinking or could have used

Cognitive Check Ins

Offenders only do Steps 1 & 2 until proficient

Only then add Step 3

Offenders only do Steps 1, 2 and 3 until proficient

Then add Step 4

Thinking Report

Situation/Thoughts/Feelings/Attitudes

Offender presents draft

Steps of Thinking Report

- 1 Identifies additional thoughts/feelings
- 2 How They led to troublesome behavior
 - a) Identification of key "risk pieces"
 - b) Connection between risk pieces
- 3) Replace old thinking with new thinking

What the process is

Reporting

thoughts, feelings & attitudes

What the Process Isn't

Explaining

Describing

Justifying

Thoughts, feelings and attitudes

Language

What Not to Say

Don't give them examples

Don't interpret

Don't tell them what you would have been thinking/feeling

Don't use your words instead of theirs

Language

How You Say It Matters

Can you remember any more thoughts . .

I'm not sure what you mean by . . . Can you explain it to me?

What was the very first thought (feeling) you had . . .

Did these thoughts go with particular feelings? How do they fit together?

Language

How You Say It Matters

Was there a feeling that went with this thought? (a thought with the feeling?)

Was there a thought/feeling that fit between the ones you've listed

Was there a kind of attitude behind these thoughts (feelings)?

Do you have a general belief about this kind of situation? What does it sound like?

What to Ask Other Group Members

Does this look like it was all the thoughts and feelings?

What could you ask to help him remember more?

Completion Criteria

A completion of a set of specified tasks

Achievement of "competency" in each step

Completion of a minimum time in treatment

Personal Risk Management Plan

Past acts of violence and crime, circumstances, thoughts, feelings, attitudes, beliefs

Past relapse behaviors

Description and examples of current, everyday situations that trigger risk thinking

Goals and plans for minimizing future risk of violence and crime

Goals and Plans

Specific plans for avoiding risk situations

Coping strategies when in risk situations

Description and examples of new thinking

How new thinking will be used in risk situations and every day situations

Elements of Program

Check-Ins

Thinking Reports

Individual Journal Assignments

Fearless Criminal Inventory

Personal Risk Management Plan

Staff Tasks

Prepare for each group

Review each group

Document each group

Conduct regular progress reviews

Focus intently on process

Progress Reports

2 to 3 months

Formal meeting

Prepare Summary Form

Go over progress and deficits

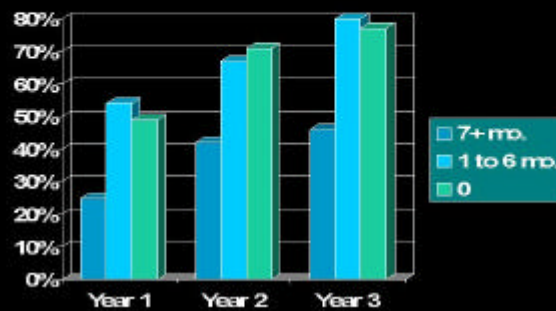
½ hour +

Impact of Cognitive Self-Change Program

Length Of Time (Months)	New Accusations After Years		
	1	2	3
7 +	25%	42%	46%
1 – 6	49%	67%	80%
0	49%	71%	77%

(Bush, 1995)

Impact of Cognitive Self-Change Program (Bush, 1995)



Putting It All Together

Cognitive Skill Deficits

Criminal Thinking

Intimacy Deficits

Deviant Arousal Patterns

Cognitive Distortions

Psychopathy

Anger