



PREPARE

in Swedish

Prison and Probation Service



1. Motivation

Changing behavior – Motivational Interviewing, MI

2. ART in Swedish Prison and Probation Service

ART and MI

3. The Prepare Curriculum

Which is Prepare and which is ART?

4. Prepare

Prepare in Swedish prison and probation service

5. Prepare-trainer

Prepare-trainers in Swedish prison and probation service



Motivational Interviewing, MI

Rollnick & Miller

How do you increase motivation to change and replace the aggressive behavior with non-aggressive behavior?



Motivational Interviewing, MI

Rollnick & Miller

In MI it is the trainee who presents the arguments for change. It is the trainer's task to facilitate the trainee's expression of "change talk"

"This is just causing me so much trouble"

"I'm sure I can change my aggressive behavior"

Recognize and reinforce change talk



Relapse

”I did it again...”

Maintenance

”I have no problems with my aggressive behavior. Now I know how to handle it and I know what to do instead”

Action

”I am doing something about my aggressive behavior, I participate in ART”

Determination

”I do have a problem with aggressive behavior and I’m going to do something about it”

Pre-contemplation

”I have no problem with aggressive behavior”

Contemplation

”Maybe I have a problem with aggressive behavior”



Motivational Interviewing, MI

- Willing

Able

Ready



Summery

- If you tell yourself you need to change you are more likely to change
- If you can elicit and reinforce “change talk” you have come long way
- Meet the client where the client is

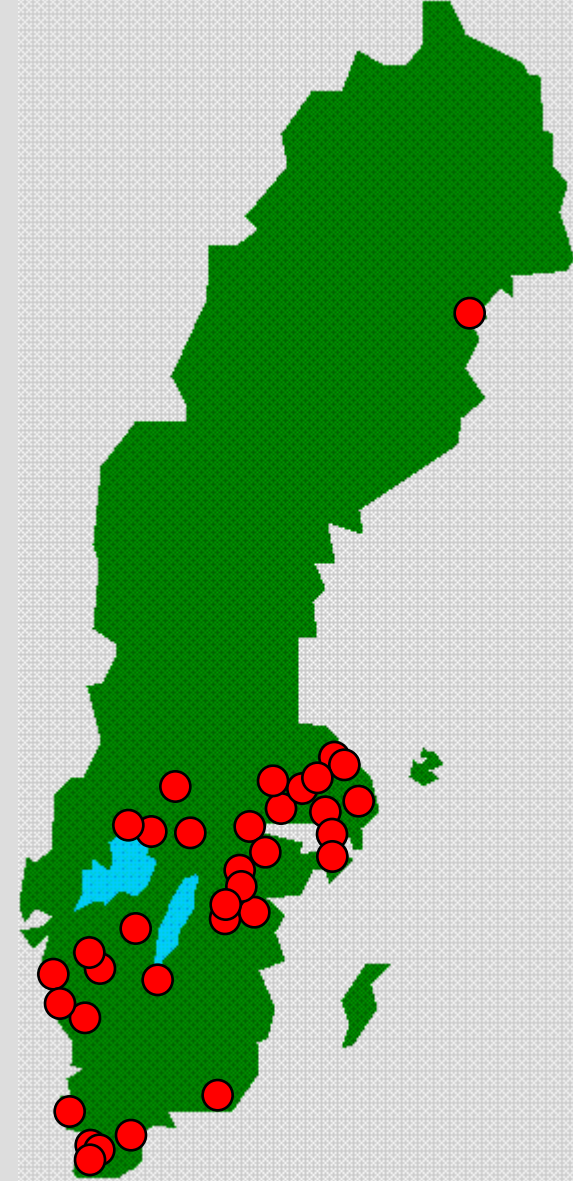


In the year of 2000 the first ART-program started in Kristianstad at a prison with young offenders

(18-21 years of age)

Currently ART is being used in 35 Prisons and Probation districts in Sweden

Adult men and women, young offenders and inmates with mental disorders





Aggression Replacement Training, ART

In order to become an ART-trainer you have to learn MI first

MI is structured in the procedure in ART

30 sessions, 3 times a week, 3 hours (including breaks) a session

3 individual sessions (beginning, middle and end)

Procedure – During the program

1. Check homework
2. Define the new skill
3. Model the skill
- 4. Establish trainee skill need**
5. Select a role-player
6. Set up the role-play
7. Conduct the role-play
8. Provide performance feedback
9. Assign skill homework
10. Select the next role-player

Need

Motivation




Procedure

1. Check homework
2. Define the new skill
3. Model the skill
4. **Establish trainee skill need**
5. **Establish trainee skill need**
6. Set up the role-play
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Need

Motivation



Emotional, cognitive and behavioral components are very important elements in the treatment of ART. But the client also has to **want** to try using the new skills.



Aggression Replacement Training, ART

Independent researchers review all programs to be used in the Swedish Prison and Probation Service

ART received full accreditation in december 2005



Summery

- To become a ART-trainer you have to learn MI first
- MI is structured in the ART procedure and should be used in the entire ART



The Prepare Curriculum

Skillstreaming

Anger Control

Moral reasoning

Problem-Solving

Situational Perception

Understanding and Using groups

Cooperation

Empathy

Recruiting Supportive Models

Stress Management

The Prepare Curriculum

Skillstreaming

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Stress Management

ART

To improve the ability to solve problems and learn a strategy for problem-solving

To improve the ability to percept the situation correctly by identifying situational characteristics.

To understand the processes in a group and communicate better.

To learn cooperating better

To improve emaphic understanding and communicate in an empathic manor

To improve the ability to find supportive models, and keep contact with them.

To improve the ability to handle stress, lower stress levels.



Summery

- Prepare is a wide treatment program
- ART is 3 of 10 courses in Prepare, ART is *not* separate from Prepare!



Problem-Solving

Goal

To improve the ability to solve problems and learn a strategy for problem-solving

Strategy for problem-solving

Stop and think

Think and feel if you have a problem, deep breathe, think “stop and think”.

Problem identification

What is my problem? What is my goal, my obstacle, do I need to change?

Perspective

Fact or opinion: What do I see? What do others see?

Alternatives

What are my options? What can I say and do?

Evaluation

Evaluate my options and choose. Use option and evaluate the outcome.

Situational Perception

Goal

To improve the ability to percept the situation correctly by identifying situational characteristics.

Difficult situations

Asservativeness situations

Performing in public

Conflict

Meeting strangers

Dealing with authority

Intimate situations

Understanding and Using groups and Cooperation

Goal

To understand the processes in a group, communicate and learn cooperating better.

Group development

Forming

Storming

Norming

Performing

Adjourning

Cooperation

Group Investigation

Present the result of an investigation or cooperation about a subject of own choice;

- *Charity*
- *Culture; music, fashion, film etc*
- *Theme – From violence to non-violence*
- *Other*

Goal

To improve emaphthic understanding and communicate in an empathic manor.

The empathic process

1. Observe the other
2. “Listen and feel”
without judgment
3. Compare to my own experience
and imagination
4. Take a step back, separate own
feelings
5. Communicate feedback on the
others emotions and cognitions

Emotion Psychology

Oponent emotions

- *Anger* can be expressed as *fear and vice versa*

Motivational Interviewing, MI

- MI exercises, listen and communication

Recruiting Supportive Models and social network

Goal

To improve the ability to find supportive models, and keep contact with them.

Relations

Finding models, initiating and supporting relations.

Finding bad relations and dealing with them

Social network

Making a map of my own relationships and continue working with them to reach my own goal, *my future relationship map*.

Stress Management

Goal

To improve the ability to handle stress, lower own stress levels.

Stress

How does stress affect my life

How does health and stress
affect each other

Health psychology

Risk- and protective factors

Sense of Coherence

Salutogenes

Yoga

Basics of *Hatha Yoga*

Prepare in Swedish Prison and Probation Service

- Skillstreaming
 - Anger Control
 - Moral reasoning
 - Problem-Solving
 - Situational Perception
 - Understanding and Using groups and Cooperation
 - Empathy
 - Recruiting Supportive Models and social network
 - Stress Management
-

Prepare

Duration of 1 course	5 Group sessions (Basic) 5 Group sessions (Supplemetary) 5 Group sessions (Supplemetary) ...etc...
Intensity of 1 course	1-2 times a week
Intensity of treatment	1-3 courses at once
Individual contact	At least one individual session per course All clients have a contact person within the staff



Which client? What course? For how long?

Selection

Problem-Solving

Interview, Motivational Interviewing

Observations

Other instruments?

Individual adjustment

Length of treatment

Intensity of treatment, number of courses



Summery

- Prepare in Swedish Prison and Probation Service is an expanding of The Prepare Curriculum



Prepare in Swedish Prison and Probation Service

Independent researchers is going to start reviewing Prepare in 2008

Prepare-trainer in Swedish Prison and Probation Service

Step 1:

MI (Before participating!)

Skillstreaming

Anger Control

Moral Reasoning

} ART

Step 2:

Situational Perception

Understanding and Using groups and Cooperation

Step 3:

Empathy

Stress Management

Step 4:

Problem-Solving

Recruiting Supportive Models and social network

Prepare and generalisation (Step 5) = Our vision

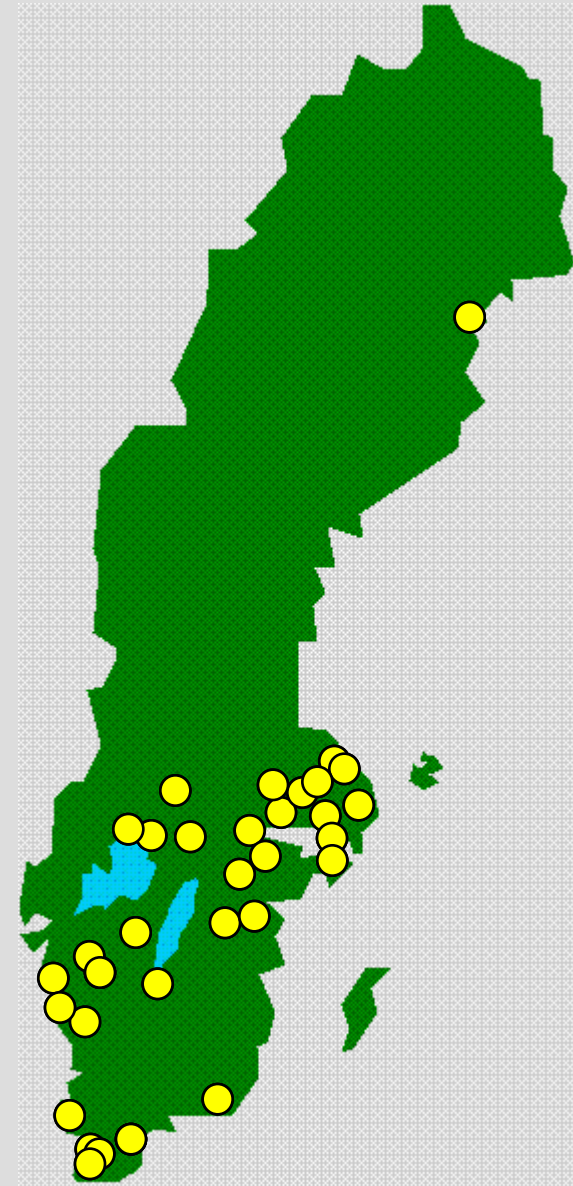
Prepare coach:

- Staff members apply for coach training
- The coach is responsible for ex. homework
- Together with trainers they create situations
- The coach is the link between training and reality
- The goal is that all staff members become coaches



In the year of 2007 the first structured Prepare program started in Kristianstad at a prison with 32 young offenders and Borås at a prison with 16 young offenders.

(18-21 years of age)





Developing Prepare in Swedish Prison and Probation Service

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