



A fantasy modification programme developed to run in a democratic therapeutic community.

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Context of the paper

This paper describes the development of a fantasy modification programme designed to integrate skills through which to manage inappropriate sexual or violent fantasies within a democratic therapeutic community (DTC) accredited for offenders. Residents participated in the programme and then continued to discuss how they applied the skills learned as part of their on-going therapy. The programme is described more fully in Akerman (2008, 2009).



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Therapeutic communities

- A Therapeutic Community is an intervention developed to promote holistic change with a focus on risk and where the environment is the agent of change (Genders & Player, 1995, Shine & Morris 1999, RSG 2011)
- Therapy happens throughout the day and residents are accountable for all behaviour and so attitudes and actions are explored and challenged
- Provides the opportunity to practice skills learned on offending behaviour programmes



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- Category 'B' prison (200+ prisoners)
- 6 Therapeutic Communities including assessment unit
 - High re-offending risk-described as more damaged, disturbed and dangerous than the average inmate by Shine and Newton (2000).
 - For instance 26% > 30, 47% >25 (*Psychopathy checklist Revised*) mean score in high secure prisons 22
 - High % personality disturbance, 81% assessed as having at least 1 personality disorder Birtchnell and Shine (2000)
 - Significant levels of emotional distress such as anxiety, depression, histories of abuse
 - Following treatment residents have shown reduction in anti-social behaviour, reoffending, and increased psychological well-being, (Newberry, 2011; Newton, 2010; RSG, 2010) and ability to discuss and understand offending behaviour (Akerman, 2010).



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A distinctive custodial structure...

- Opened in 1962
- No segregation unit
- Assault rate 6x fewer than comparative establishments
- An expectation that members are responsible for their own (and each others') behaviour
- Fully accredited by the Correctional Services Accreditation Panel
- Subject to constant evaluation and research (Newberry, 2011, Stevens, 2011, Sullivan & Shuker, 2010)
- All activities during the day are viewed as part of therapy



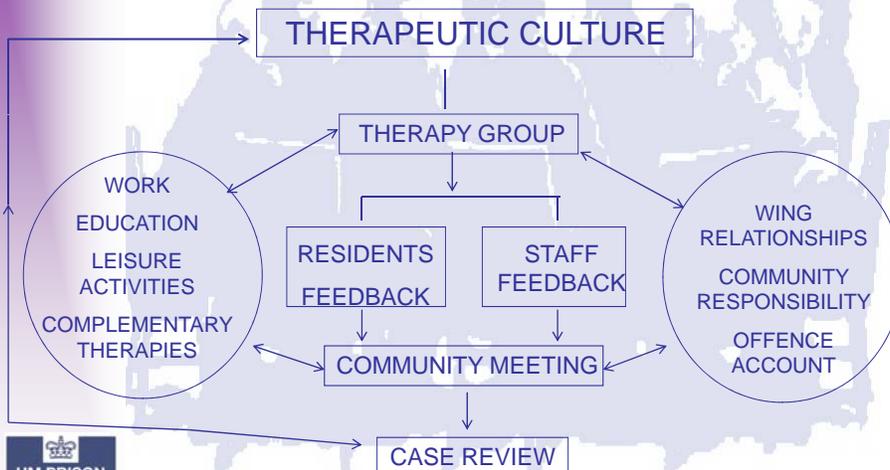
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THERAPEUTIC COMMUNITY MODEL LINKS BETWEEN DIFFERENT THERAPEUTIC ACTIVITIES



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The fantasy modification programme

- ❖ The fantasy modification programme (FMP) was devised as a means of giving residents strategies through which to manage inappropriate violent or sexual fantasies and teaching the skills to address this need, and to develop robust relapse prevention plans in line with the Good Lives model (Ward & Stewart, 2003). The FMP should add to the quality of work at HMP Grendon and be evaluated in the on-going 'quality of treatment' audit process.
- ❖ The application of the good lives model to fantasy modification has been described previously by Akerman (2005)



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Theoretical basis

- ❖ Developed in line with 'what works' literature
- ❖ Bear in mind importance of therapist style (Akerman 2010; Marshall, et al 2006; Pelissier, 2007; Ware et al 2009) given the private subject matter
- ❖ Use ideas based in positive psychology-build on strengths and protective factors
- ❖ The programme is cognitive-behavioural in basis and uses a range of techniques to convey learning points including: motivational techniques e.g. open-questions, Socratic questioning, summaries, reflections, affirmations, group discussion, rehearsal (to consolidate learning), role-play; and cognitive restructuring, (practising the use of replacement thoughts and behaviours).



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Fantasy modification techniques

- ❖ Directed Masturbation, pairing arousal with appropriate images with masturbation thus reinforcing their excitement
- ❖ Covert Association a technique that pairs personally aversive consequences (such as being in prison, creating more victims, or being publicly humiliated) with each step of an offence-related fantasy
- ❖ Satiation, associating offence related fantasies with boredom
- ❖ Urge surfing or distress tolerance
- ❖ These techniques are described in depth by (Marshall, Marshall, Serran & Fernandez 2006)



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Good lives model (Ward et al 2007)



- ❖ All humans strive for these goods
- ❖ Offenders seek these through offending
- ❖ Strength-based model to develop skills we are already good at



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Developing and practising skills

- ❖ Intimacy
- ❖ Emotion regulation (to enhance inner peace, and healthy thoughts)
- ❖ A rich emotional vocabulary
- ❖ Develop perspective-taking skills through role-play
- ❖ Managing potentially risky situations in the future, rating them as green (slight risk) amber (raised risk) and red (imminent risk)



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Evaluation

- ❖ Programme is designed to run within the context of on-going treatment and so evaluating it as a stand-alone intervention is problematic.
- ❖ Use of diaries as measure of change- (Marshall, Craig 2008 personal communication).
- ❖ Self-report, is deemed “more reliable and valid than any other” (Johnson, & Listiak, 1999).



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Evaluation

- ❖ Undertaken a literature review into most effective means of measuring current sexual interest (Akerman & Beech 2011) in order to evaluate change following treatment
- ❖ Collecting data for newly developed psychometric assessment – the Current Sexual Interest Measure (Akerman & Beech, in prep)
- ❖ Validating alongside other measures E-Stroop (Price & Hanson, 2007, Price, Beech, Mitchell & Humphreys, in press); and My Private Interest Measure (Farren, & Barnett, in prep.).



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Thank you for listening

Any questions?

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