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The Good Lives Model: From Theory to Practice

THE GOOD LIVES MODEL: FROM THEORY TO PRACTICE

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Tokyo UNAFEI





WORKSHOP OVERVIEW

- What/who works in sexual offending treatment
- GLM approach & core principles
 - Application in your life
 - Application to case study
- The GLM in treatment, supervision & beyond
- GLM research overview

GRATITUDE

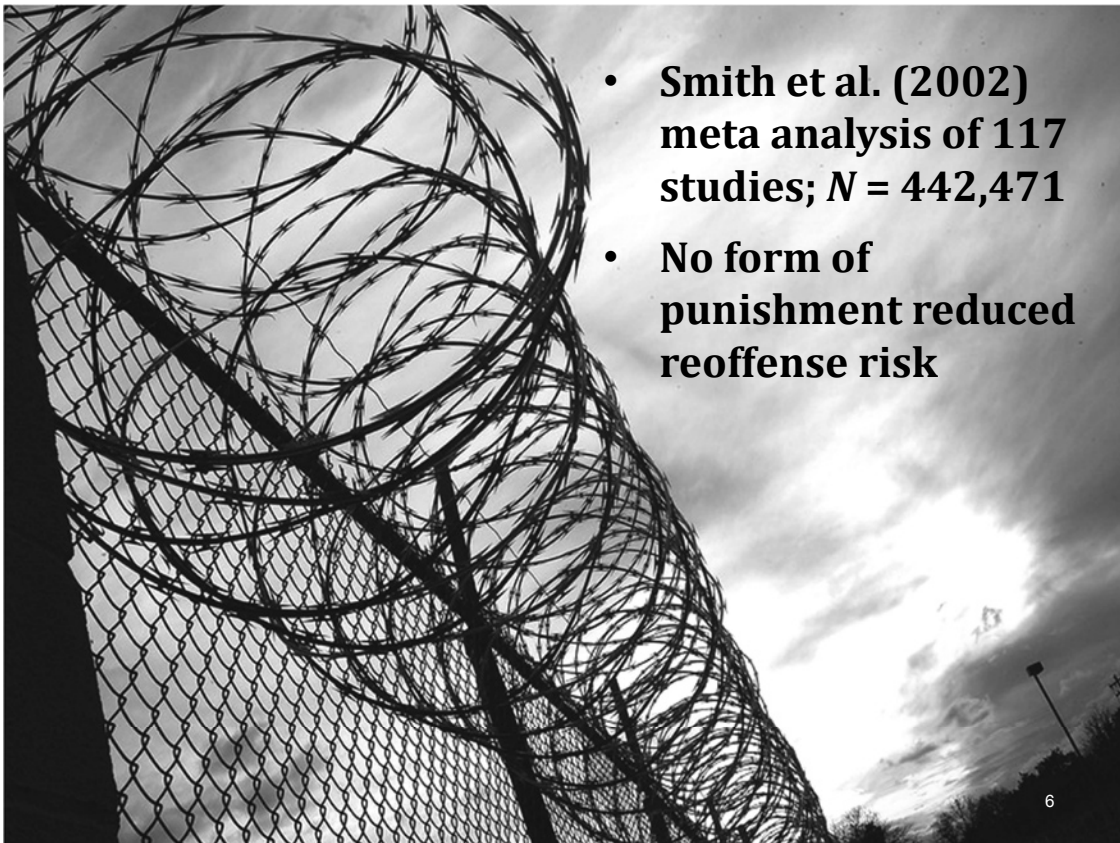


Tony Ward



Pamela Yates

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SEXUAL OFFENDING TREATMENT CONTEXT: WHAT WORKS?

- **Risk:** Match level of services to level of risk
- **Need:** Target dynamic risk factors/criminogenic needs
- **Responsivity:** Use empirically supported approaches; also *specific* responsivity

(Andrews & Bonta, 2010; Hanson et al., 2009) ⁷

DYNAMIC RISK FACTORS (CRIMINOGENIC NEEDS)

- Deviant sexual interest/preference
- Hostility towards women
- Emotional identification with children
- Negative (and/or lack of positive) social influences
- Intimacy deficits
- Poor sexual self-regulation
- General self-regulation difficulties

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EFFECTIVENESS OF SEXUAL OFFENDING TREATMENT

J Exp Criminol (2015) 11:597–630
DOI 10.1007/s11292-015-9241-z



The eff
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“Perhaps therapy will be more effective if we keep in mind that...[our] clients are more similar to other therapy clients

Sexual re

than they are diff
Treatment is not somet
to clients, but rat
collaborative pro
(Levenson & Prescott,

“Research on the effectiveness of individual level interventions for preventing sexual offending and reoffending against children remains inconclusive” (p. 5)

Abstract
Objectives So
evidence-based crime p
children, both in known abusers and those at risk of abusing.



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WHAT *ELSE* WORKS TO PREVENT SEXUAL REOFFENDING?

- **'Common factors' of effective psychotherapy (e.g., Marshall, 2005; Marshall et al., 2002)**
- **Comprehensive re-entry planning (e.g., Willis & Grace, 2008, 2009)**
- **'Cognitive transformations', achieving informal social control (e.g., Sampson & Laub, 1993; Maruna, 2001)**



GLM APPROACH AND CORE PRINCIPLES

THE GOOD LIVES MODEL (GLM)



“...[our clients] want better lives, not simply the promise of less harmful ones”

(Ward, Mann, & Gannon, 2006)

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“As a kid I had lots of examples of what I didn't want to be. I spent my life trying not to be those things. Then when an aide asked me about 5 years ago what I wanted to be I had no idea.”

40 y/o male
in civil commitment (USA)

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GLM APPROACH

- Strengths-based, positive approach
- Collaborative, motivational approach
- Focuses on how treatment will benefit client / what client will gain from treatment
- Two goals:
 - Reducing/managing risk
 - Attaining fulfilling life, psychological well-being
- GLM integrated with RNR

GLM APPROACH

- Offending = pursuit of legitimate goals via inappropriate means
- All human beings are goal-directed and predisposed to seek *primary human goods*
- Primary human goods = actions, experiences, circumstances, states of being, etc., that individuals seek to attain for their own sake

GLM APPROACH

- Secondary goods = concrete ways (means) to secure primary goods (also called instrumental goods)
- Dynamic risk factors = internal or external obstacles that block achieving primary goods in pro-social ways in addition to creating risk

PRIMARY HUMAN GOODS

- GLM proposes at least 10 primary human goods
- Value/importance placed on various goods determines individual's conceptualisation of a "good life"; reflected in good life plan (GLP)
- Primary goods related to offending by their presence or absence
- Assumption: Pro-social attainment of goods will help reduce or manage risk to re-offend (alongside targeting criminogenic needs)

PRIMARY HUMAN GOODS & NEW NAMES (YATES & PRESCOTT, 2011)

Primary Good	→	Common Life Goal
Life	→	Life: Living and Surviving
Knowledge	→	Knowledge: Learning and Knowing
Excellence in Work & Play	→	Being Good at Work & Play
Excellence in Agency	→	Personal Choice and Independence
Inner Peace	→	Peace of Mind
Friendship/Relatedness	→	Relationships and Friendships
Community	→	Community: Being Part of a Group
Spirituality	→	Spirituality: Having Meaning in Life
Happiness	→	Happiness
Creativity	→	Creativity

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PRIMARY GOODS: DEFINITIONS

- Life: Living & Surviving
 - Healthy living and functioning
 - Basic needs
- Instrumental (secondary) goods:
 - Acquiring income to meet basic needs
 - Physical activity
 - Healthy nutrition
 - Health care
 - Physical survival



PRIMARY GOODS: DEFINITIONS

- Knowledge: Learning & Knowing
 - Desire for information and understanding about oneself and the world
- Instrumental (secondary) goods:
 - Attending school, training, vocational courses
 - Self-study, informal activities
 - Attending treatment, self-help activity

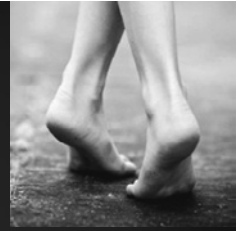


PRIMARY GOODS: DEFINITIONS

- Being Good at Play / Being Good and Work
 - Mastery in work / leisure
- Instrumental (secondary) goods:
 - Participation in sport or other leisure activities; hobbies
 - Participation in training, certification, apprenticeships
 - Meaningful paid or voluntary work



PRIMARY GOODS: DEFINITIONS



- Personal Choice and Independence
 - Desire for independence, autonomy, choice
- Instrumental (secondary) goods:
 - Formulates and implements plans to achieve a specific end or objective
 - Engages in activities to ensure self-sufficiency
 - Asserts self and needs with others, communicates needs and desires to others
 - Controls, dominates, abuses, or manipulates others in order to establish personal control

PRIMARY GOODS: DEFINITIONS

- Peace of Mind
 - Emotion regulation, equilibrium
 - Freedom from emotional turmoil and stress
- Instrumental (secondary) goods:
 - Strategies, specific activities to minimize emotional distress/achieve equilibrium (e.g., exercise, meditation)
 - Strategies to manage impulsivity
 - Substance use or sexual activity to regulate mood/cope with emotional stimuli/events



PRIMARY GOODS: DEFINITIONS

- Relationships and Friendships
 - Desire to establish bonds with others
 - Intimate, romantic, family relationships
- Instrumental (secondary) goods:
 - Engages in social or other activities that facilitate meeting new people and maintaining relationships
 - Spends time with friends
 - Gives and receives support (e.g., emotional, practical)
 - Intimate relationships



PRIMARY GOODS: DEFINITIONS

- Community: Being Part of a Group
 - Desire to be connected to similar social groups
- Instrumental (secondary) goods:
 - Participates in community activities (e.g., social service groups, special interest groups)
 - Participates in volunteer activities, groups
 - Membership in groups sharing common interests, values, concerns
 - Provides practical assistance to others in times of need (e.g., neighbours)



PRIMARY GOODS: DEFINITIONS

- Spirituality: Having Meaning in Life
 - Desire for meaning and purpose in life
 - Sense that is part of larger whole
- Instrumental (secondary) goods:
 - Attends formal religious/spiritual events (e.g., church)
 - Participates in activities such as meditation/prayer
 - Involved in spiritual community/group
 - Studies/reads spiritual materials



PRIMARY GOODS: DEFINITIONS

- Creativity
 - Desire for novelty or innovation
- Instrumental (secondary) goods:
 - Engages in new/novel experiences that has not attempted previously
 - Engages in artistic, creative activities
 - Desire/need for novel sexual practices



PRIMARY GOODS: DEFINITIONS

- Happiness
 - State of being happy/content
 - Pleasure in life
- Instrumental (secondary) goods:
 - Activities that result in sense of satisfaction, contentment, fulfillment
 - Activities that result in sense of pleasure (e.g., leisure activities, sports, sex)
 - Activities intended to achieve sense of purpose, direction in life (e.g., work, friendships, family)



CASE EXAMPLE: JIM

Jim is a 38-year-old man convicted for three counts of sexual touching. The victim was a 10-year-old boy who was Jim's neighbour whose family Jim knew very well. At the time of the offense, Jim was participating in a "sex offender treatment maintenance group" and, up to that time, had been doing very well. Jim had learned to accept his sexual attraction to males, and to fill his time with activities that would not bring him into contact with boys. Prior to his offense, Jim had started dating a man he met through his church. However, after a few dates, Jim learned that his feelings weren't reciprocated. Jim was left feeling rejected, lonely and depressed. He started isolating himself from family and friends, and stopped going to church. When he realised he was in a high risk situation with his neighbour, he ignored his sexual and other feelings and shut himself off in his house. Jim is shocked and depressed that he committed another sexual offense.

JIM'S PRIORITISED PRIMARY HUMAN GOODS

- Relationships & Friendships
- Happiness
- ?Peace of Mind
- ?Spirituality: Having Meaning in Life
- ?Community: Being Part of a Group

WHEN THINGS GO WRONG: GOOD LIFE PLAN FLAWS

- GLM proposes that offending and life problems result from flaws implementing good life plan
- Four types of flaws:
 - Means
 - Lack of scope
 - Conflict among goods/means
 - Lack of capacity (internal and external)

HARMFUL/PROBLEMATIC MEANS



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NARROW SCOPE: PUTTING ALL THE EGGS IN ONE BASKET



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CONFLICT: PURSUIT OF ONE GOOD INTERFERES WITH PURSUIT OF ANOTHER GOOD



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LACK OF CAPACITY



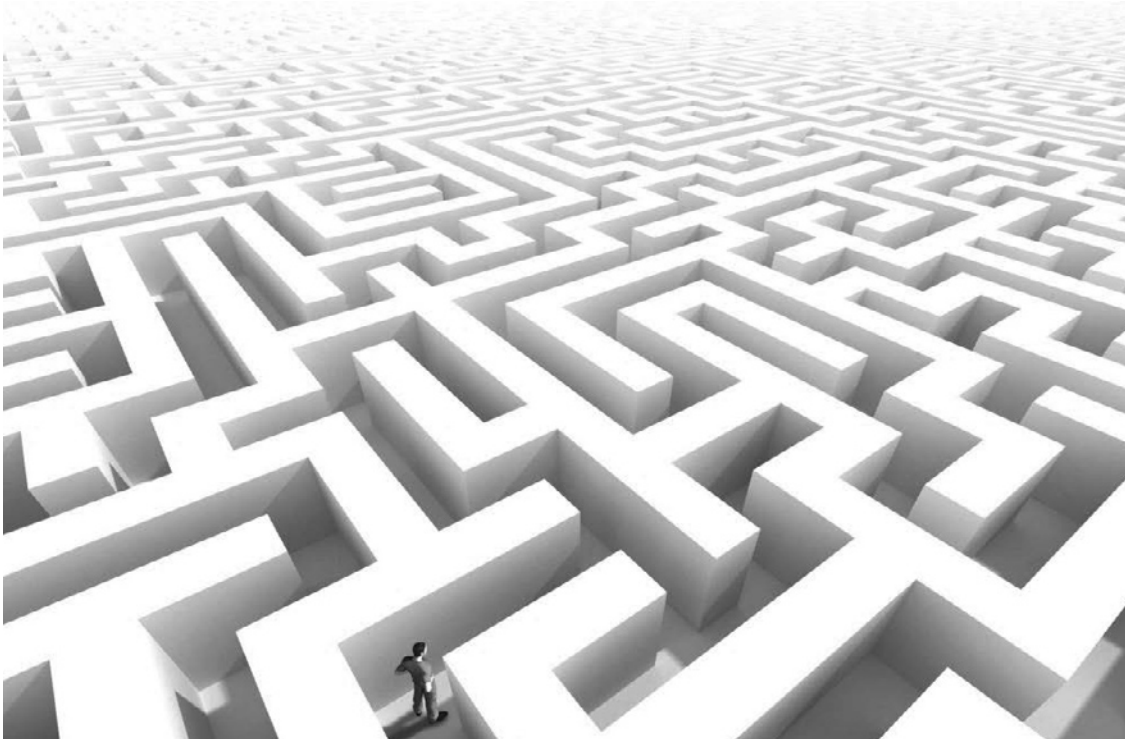
Internal



External

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Implementing a Good Life Plan



WHAT FLAWS HAVE YOU
EXPERIENCED SEEKING
PRIMARY GOODS?

WHAT HELPS YOU
OVERCOME THESE FLAWS?

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CASE ANALYSIS: JIM

- **Primary Goods Important to Jim:**
 - Relationships & Friendships
 - Happiness
 - ?Peace of Mind
 - ?Spirituality: Having Meaning in Life
 - ?Community: Being Part of a Group
- **Flaws in Good Life Plan:**
 - Means
 - Capacity (internal)
 - Scope (probable)
- **Probable Dynamic Risk Factors:**
 - Sexual self-regulation (deviant sexual arousal/preference)
 - Emotion regulation
 - General self-regulation (problem-solving)
 - Intimacy deficits
 - Lack of social supports

GLM APPLICATION IN TREATMENT, SUPERVISION AND BEYOND

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WHAT'S YOUR ROLE? GOOD LIFE PLAN DEVELOPMENT AND EXECUTION

- Psychologist/primary therapist: collaborate with client to develop initial plan, assist client build internal capacity to achieve PHGs, ensure plan shared with other professionals
- Prison/probation officer or case manager: assist build external capacity to achieve PHGs, monitor implementation of plan
- All – encourage implementation of plan, reinforce progress, update as necessary

E.g., Yates et al., 2010 ⁴²

COLLABORATION IS KEY!



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INTEGRATED GOOD LIFE AND RISK MANAGEMENT PLAN

- Includes all goods important to individual
 - Sufficient scope
- Includes non-offending, practical ways to attain goods
 - Build on client strengths
 - SMART goals
- Identifies threats/obstacles to goods attainment and strategies for managing
- Includes risk management plan

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JIM'S PREVIOUS RISK MANAGEMENT PLAN

- Avoid being in areas that children congregate (e.g., outside schools, parks)
- Avoid any media (e.g., magazines, television) depicting prepubescent boys
- Do not join church or other community groups in which children are present
- Avoid isolating especially when experiencing low mood
- Constantly monitor environment for new high risk situations/warning signs
- Phone a nominated support person in event of warning signs (low mood, deviant arousal, sexual preoccupation) or high risk situations which I cannot escape

ENGAGING JIM AND DEVELOPING AN INTEGRATED GOOD LIFE/ RISK MANAGEMENT PLAN

- Build identity that he is worthwhile
- Validate valued primary human goods
- Reinforce goal to avoid offending
- Identify new means to achieve primary goods (e.g., relationships/intimacy, happiness, etc)
- Build internal capacity:
 - Self-regulation skills (problem-solving, emotion regulation sexual self-regulation)
 - Skills to attain and maintain relationships

Engaging Jim and developing an integrated good life/ risk management plan

- Build external capacity:
 - Assist to connect to community (e.g., gay community) and social network
 - Assist to find acceptable partner
 - Assist to re-connect safely to church community
 - Assist to re-connect with family (if desired)
 - Assist to find acceptable employment
- Anticipate obstacles/threats to implementation of plan and how to overcome:
 - Plan to manage risky situations, thoughts, feelings