



This bulletin summarises studies that have been conducted relating to the psychological treatment of counselling in prisons



A range of systematic reviews provide evidence of the effectiveness of psychological therapies. The majority noted the lack of good quality studies that are included in their reviews and meta-analyses and the need to view the conclusions with caution.

			Authors'
Ashman, L. and L. Duggan (2004).	Learning disabled sex offenders	Various interventions	This systematic review conducted by the Campbell Collaboration reviews a variety of treatment approaches including medication and talking therapies. The review found that the small group of sex offenders with learning disabilities pose a particular challenge as talking therapies need to be modified to account for the offender's limited understanding. No randomised controlled trial evidence was located regarding the treatment of learning disabled sex offenders.
Bilby, C., B. Brooks- Gordon, et al. (2006)	Sex offenders	Psychological interventions	This review assessed the efficacy of a range of psychological interventions for sexual offenders from quasi-experimental and qualitative studies. The authors concluded that there is little consensus on the effectiveness of different treatment programmes. Insufficient information on the primary studies and poor reporting of some aspects of the review process, including the validity assessment, make the reliability of this conclusion difficult to determine.
Garrido, V. and L. A. Morales (2007).	Serious (violent and chronic) juvenile offenders	CBT	This systematic review was conducted by the Campbell Collaboration of treatment effectiveness in secure corrections for serious juvenile offenders. The review shows that treatment programs with cognitive elements in particular reduce general recidivism (relapse into crime) and especially recidivism into serious crime.
Lipsey M, Landenberger NA, et al. (2007).	Offenders	CBT	This meta-analysis confirmed the findings of positive CBT effects on the recidivism of offenders that have been reported in other recent meta-analyses (Landenberger & Lipsey, 2005; Lipsey, Chapman, & Landenberger, 2001; Lipsey & Landenberger, 2006; Pearson et al., 2002; Wilson, Bouffard, & MacKenzie, 2005). The mean odds ratio indicated that the odds of not recidivating in the 12 months after intervention for individuals in the treatment group were 1.53 times as great as those for individuals in the control group. This represents a reduction from the .40 mean recidivism rate of the control groups to a mean rate of .30 for the treatment groups, a 25% decrease. The most effective configurations of CBT produced odds ratios nearly twice as large as the mean, corresponding to recidivism rates of around .19 in the treatment groups, more than a 50% decrease from the .40 rate of the average control group
Loesel, F. and M.	Sex offenders	Various interventions	Protocol only (Campbell Collaboration) review not yet complete

Schmucker (2002).			1
Mitchell, O., D. L.	Substance abuse	Incarceration-based drug	
MacKenzie, et al.		treatment	
(2006).			



			than another. Prison TC may be better than prison on it's own or Mental Health Treatment Programmes to prevent re-offending post-release for in-mates. However, methodological limitations of the studies may have introduced bias and firm conclusions cannot be drawn due to limitations of the existing evidence.
Whittington, R., W. Barr, et al. (2008).	Violent behaviour	All treatment from forensic mental health services	Systematic review of intervention strategies for the prevention, treatment and management of violent behaviour by adults in contact with forensic mental health services or the criminal justice system. Campbell Systematic Reviews. Protocol only review not yet comple







The studies below provide evidence of the effectiveness (or otherwise) of a range of psychological therapies which are not covered within systematic reviews or where trials have been published since the above systematic reviews. All the studies included below were randomised controlled trials, and therefore should provide good level evi.53(ls.,7o(d)-3()[(o)-3(f)-3(t)8(h)-3(e)-3()(f)6(e)-3(cw)1v6(e)-3(n)-6(e)-3(3()[(o)-3(f)-3(t)8(h)-3(e)-3(d)-meandholeve 9he ublidof ubch



			risk behavior. These findings suggest the short-term effectiveness of prison TC treatment for female offenders with substance use disorders, and underscore the importance of adapting treatment to address mental health. (PsycINFO Database Record (c) 2009 APA, all rights reserved)
Sullivan, C. J., K. McKendrick, et al. (2007).	Substance abuse	Therapeutic Communities	Reports data from a study that randomly assigned male inmates with mental illness and chemical abuse (MICA) disorders (n = 139) to either a Modified TC (MTC) or a comparison group. Analyses revealed that the MTC group had significantly greater declines in alcohol and drug use at 12-months post-prison release. Additional analysis related positive substance use outcomes to reduced contact with the justice system and self-reported criminal activity. Implications for treatment and policy are discussed.
Valentine, P. V. and T. E. Smith (2001).	Women	Traumatic Incident Reduction	



Barrett, B., S. Byford, Young offenders et al. (2006)

Authors' Conclusions



			rated as least appropriate for prisoners to discuss with officers. The consistency between the two studies lends credence to Hobbs and Dear's main conclusion: that prison authorities need to provide prisoners with direct avenues to supportive assistance other than prison officers. (PsycINFO Database Record (c) 2009 APA, all rights reserved)
Elliott, W. N. (2002	Youth offenders	Counselling	The use of three management strategies derived from various experiences in a positive poor culture/guided group interaction program for juvenile offenders has enjoyed considerable success. All three strategies namely redirection, reframing and reversal of responsibility represent indirect approaches to the management of treatment resistance and the avoidance of power struggles in the process. Redirection quite simply involves the counselor's effort to return the focus of attention to the issue or task at hand. Reframing, then, represents the second of the "3R's" of managing resistance. This intervention entails asking offenders to adopt a perspective different from the one they currently embrace. Reversal of responsibility, hereafter referred to simply as reversals, requires the counselor to reflect an offender's words or actions back to him or her in such a manner that the offender must assume personal responsibility for them. Indeed, the "3R's" effectively challenge primary issues, as criminal thinking patterns, but do so without leading the counselor to a beleaguering and demoralizing verbal conflict with an offender. (PsycINFO Database Record (c) 2009 APA, all rights reserved)
Kjelsberg, E., P. Hartvig, et al. (2006).	Prison inmates	All non pharmacological interventions provided by psychiatric health services (in Norway)	A survey of interventions suggested (25 %) had some form of psychiatric intervention: 184 (20 %) were in individual psychotherapy, in addition 40 (4 %) received ad hoc interventions during the registration week. Group therapy was infrequent (1 %). The psychotherapies were most often of a supportive (62 %) or behavioural-cognitive (26







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