Good Lives Model

2017
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Welcome!

CONTACT

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- *Healthy lives*
- *Safe communities*

Don't worry!

- We won't call on you for answers

- We won't ask you to role play

- We won't put too much research into each slide

  - Maybe some lighthearted profanity, though…

What works?

- Do we want them to reoffend or not?

- What can we do?

- Who should we be?

- Is that enough?

What's our goal?

- Stopping the behavior?
- Justice for the victim?
- Preventing reoffense?
- Better lives for all?

GOAL

Agenda

- Introductory remarks
- Background Information
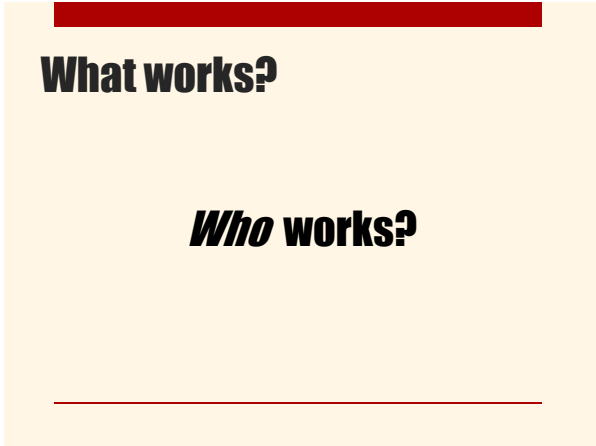- Good Lives Model
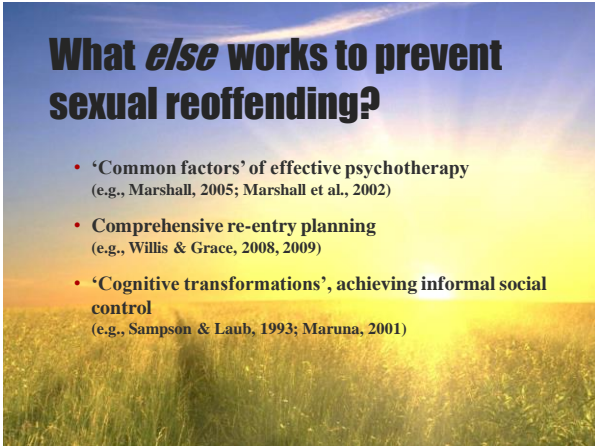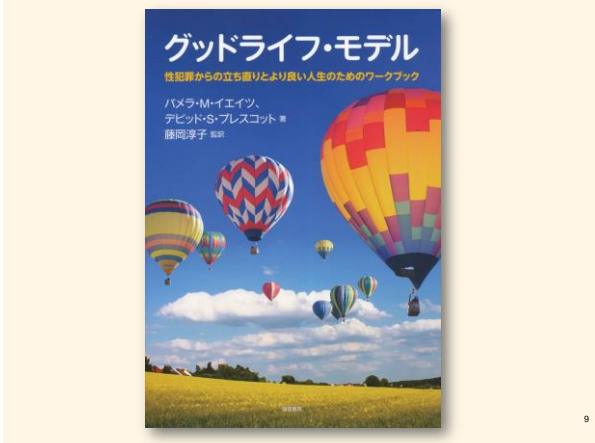- Experiential Exercises
- Self-Regulation Model
- Integration of models
- Case examples
- Discussion

GOOD LIVES MODEL

グッドライフ・モデル

性犯罪からの立ち直りとより良い人生のためのワークブック

パメラ・M・イエイツ、
デビッド・S・プレスコット 著
藤岡淳子 監訳

9

BMJ

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

"Perhaps therapy will be more effective if we keep in mind that…[our] clients are more similar to other therapy clients than different. Treatment [is] something we do to cl[ients] rather a collaborative p[rocess] (Levenson & Prescott,

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

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)

What works?

Who works?

The Good Lives Model (GLM)

"Offenders want better lives, not simply the promise of less harmful ones"

(Ward, Mann, & Gannon, 2006)

Safer Society 2009 North American Survey
(McGrath, Cumming, Burchard, Zeoli, & Ellerby, 2010)

Which three theories best describe your treatment approach?

52%

30%

GLM responses, adult male programs

"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 five years ago what I wanted to be I had no idea."

– 40-year-old male in civil commitment

Good Lives Model
(Yates, Prescott, & Ward, 2010)

- Twin goals:
  - Reducing/managing risk
  - Attaining fulfilling life, psychological well-being

- Collaborative and strengths-based
  - Elicits and builds on internal motivation

Good Lives

- **Best integrated with:**
- **Motivational Interviewing**
- **RNR principles**
- **Cognitive-Behavioral approaches (and more)**
- **Self-Regulation Model – Revised**
- **Solid understanding of protective factors**

Good Lives

- **Sex crimes reflect the use of inappropriate means to pursue otherwise legitimate goals or *primary human goods***

GLM "Primary Goods"

- Primary human goods are actions, experiences, circumstances, states of being, etc., that individuals seek to attain for their own sake
  - E.g., everyone wants to be good at something

- Re-named... Please stay tuned...

GLM Approach
(Yates, Prescott, & Ward, 2010)

- Secondary goods are the means for securing PHGs
  - (and are also called instrumental goods)

In this way...

- "Dynamic risk factors" = internal or external obstacles that prevent PHG acquisition in pro-social ways and create risk

- Can be helpful to think of dynamic factors as processes, not entities

Primary Human Goods (PHG)
(Purvis et al., 2014; Yates et al., 2010)

- 10-11 primary human goods
- Value or importance placed on each PHG contributes to/helps determine Good Life Plan.
- Primary goods contribute to abuse by their presence or absence
- Adaptive attainment of goods can help reduce or manage risk to re-offend
- Question: Is a good a goal?

PHG's and 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

When Things Don't Work: Good Life Plan Flaws

- GLM proposes that offending, 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

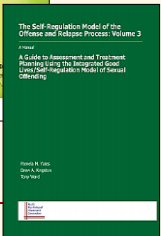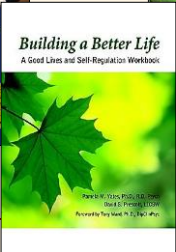## Narrow Scope:
Putting all the eggs in one basket

Conflict: Pursuit of one good interferes with pursuit of another good

Internal   **External**

Lack of Capacity

GLM Application

IMPLEMENTATION

Terms

Implementation:

- *"to put into effect according to or by means of a definite plan or procedure."*
- **In treatment, refers to implementing a model or approach with fidelity**
  - **Usually top-down training and consult**

Terms

Integration:

- *"to bring together or incorporate (parts) into a whole"*
- *"Our program uses the GLM, is informed by the GLM, etc."*

Terms

- **Implegration** (Carl Åke Farbring)
- **The process of implementation and integration**
- **Using internal expertise to assist in implementation.**
  - **Including unique approaches to learning**

Problems

Implementation:

- Top-down training and consult:
  - **Can alienate staff**
  - **Benefits can disappear with staff turnover**
  - **Involves unlearning old habits as well as new**
  - **Does not always result in actual change of behavior at the front lines (Farbring, 2011)**

Problems

Integration:

- **"Our program uses the GLM, is informed by the GLM, etc." is not necessarily faithful to the model or its guiding principles.**

Integrated implementation (Implegration) ≠ one size fits all

- **Bottom-up perspective**
- **Balance between guidelines and mindlines**
- **Exploring-and-listening attitude**
- **Local ownership**
- **Adjusting implementation to local conditions**
- **Positive support trumps monitoring and control**

Examples

After motivational interviewing training:

- Two agencies sought to have trainer come back to observe and re-train in order to "keep the spirit alive"
- Two agencies set up the "MI Tip of the Week"
- Two agencies grew their own internal trainers
- Numerous practitioners selected specific skills to practice that week.
- No agencies have taken an advantage of an offer of a free post-training consult

Ultimately

Successful GLM implementation may rely as much on subtracting old practices (cycle work and avoidance based goals and tasks) as on adding new ones (e.g., approach goals)

To Be Continued…

… by you!