

## Treatment programs in the Swedish Prison and Probation Service

The aim of the Swedish Prison and Probation service is to only implement evidence based treatment programs.

In order to secure effectiveness the programs shall be reviewed by a scientific panel and only programs fulfilling the requirements will be granted accreditation. To be approved a program must among other things include

- A clear model of change, based on scientific evidence
- Use of effective methods
- Site accreditation, including monitoring of implementation and staff competence

Before applying for accreditation the program is usually tried out in a limited extent during development. After accreditation the aim is to offer the program to all offenders, according to assessed risk and needs.

The following programs are now in use

### General offending programs

Breaking with crime (A)  
Cognitive Skills (A)  
One to one (A)  
Enhanced thinking skills (D)  
Aggression replacement training - Prepare (D)

### Violence

Aggression replacement training (A)  
Integrated domestic abuse programme (A)  
Violence prevention program (D)

### Substance abuse programs

Offender substance abuse prerelease program (A)  
Programme for reducing individual substance misuse (A)  
Twelve step program (D)  
Relapse prevention program (D)

### Sexual offending program

The Swedish national sex offender treatment program (A)

### Motivational programs

Behavior – talk – change (based on Motivational Interviewing) (A)  
Win (specially designed for women) (D)

*A-Accredited*

*D - During development*



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*Treatment Program*

# ART

Aggression Replacement Training



## ART

ART (Aggression Replacement Training) is a cognitive-behavioral program, targeting offenders, sentenced for violent offences, usually excluding domestic violence and sexual offences.

The program has been developed in the USA and is in use in many countries all over the world. Apart from prison and probation the program is also in use in schools, in social welfare, etc. According to a number of research studies the program has shown good outcomes and has been accredited by the scientific panel in Home Office, England.

The program is based upon violent behavior as mainly learned and feasible to change. In the change work role play is used to a large extent as this has proven to be one of the most effective ways to change behavior. Home work, including exercises, shall to be carried out between sessions.

ART is delivered by means of the Motivational Interviewing method (MI), guiding the offender towards change talk without confrontation. Through MI the offender can find his own motivation for change.

In ART the offender deals with enhancing his ability to self control, reducing his anger and aggression and in the extension finding social alternatives to used behavior.

During the program three components are practiced during ten weeks, including three three-hour sessions a week. The three components are:

- Moral reasoning. (Cognitive component). The offender shall be supported in his effort to enhance his moral level and widen his perspectives in order to make mature decisions in social situations
- Anger management. (Emotional component). The aim is to enhance the offenders ability to self control, to learn to reduce and deal with anger and aggression. The goal is to find social alternatives
- Social skills training (Behavioral component). Here the offender learns constructive, appropriate skills in order to deal with social situations.

In Sweden the program is delivered as well in prisons as in the probation service. The scientific panel within the Swedish Prison and Probation service has accredited the program in 2006.

## ART in short

Treatment program for offenders, sentenced for violent offences, usually excluding domestic violence and sexual offences. The program has been in use by the Swedish Prison and probation service since 2000 and comes from the USA.

### Target group

Offenders with an out acting, violent behavior, sentenced for violent offences.

### Theory

A cognitive-behavioral program based upon violent behavior as learned and feasible to change.

### Method

Group sessions including training, exercises, role play, home work and Motivational Interviewing.

### Content

The program consists of three components; moral reasoning (cognitive component), anger management training (emotional component) and social skills training (behavioral component),

### Extent

Ten weeks with three sessions of three hour duration three times a week.

### Program tutors

Two program tutors who have fulfilled the ART training program.

### Evaluation and research

The program has been developed in the USA. ART is in use in many countries all over the world. Apart from prisons and probation the program is also in use in schools, in the social welfare, etc. The outcome of the program has been very good according to different research studies and it has been accredited by scientific panels in Home Office, England and in the Swedish Prison and Probation Service.