

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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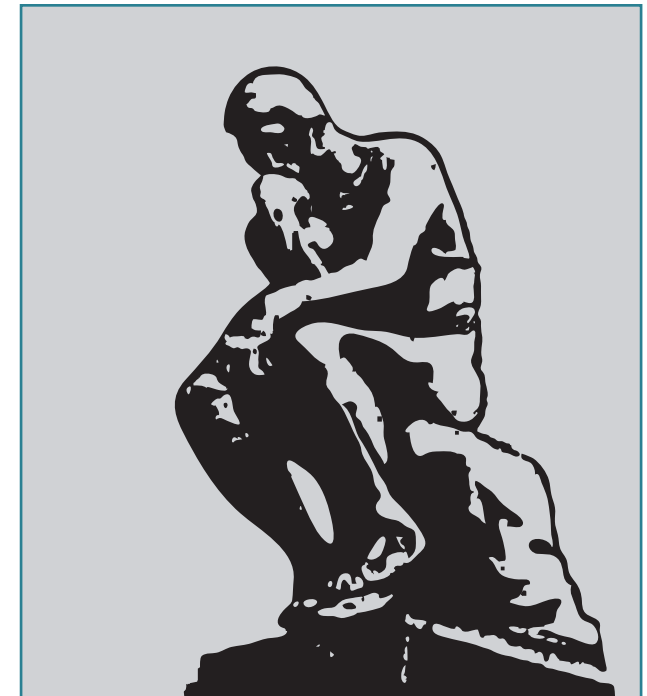


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Treatment Program

Cognitive skills



Cognitive Skills

The Cognitive Skills Programme has been delivered in Swedish prisons from 1994 with promising research results. Originally the programme comes from Canada, where it was developed under the label "The Reasoning and Rehabilitation Programme" by Elizabeth Fabiano and Robert Ross.

It is based on Cognitive Behavior Therapy theories and methods. In the programme the connection between thought, feeling, action and physical reactions is emphasized as well as the potential to learn a better way of thinking.

The programme is convenient for prisoners with a typical criminal behavior. It suits both men and woman independent of crime category. It is less suitable for heavy violent recidivists or sexual offenders. Other obstacles to participation might be heavy, ongoing drug abuse, psychic sickness or an unsuitable group constellation

A group size of 6 – 8 participants is advisable. To make an appropriate selection of attenders the programme coaches deliver specially selected tests.

The CS programme consists of seven modules with a total of 38 lessons. It is delivered by two specially trained coaches, who get continuous support and supervision. The programme manual is detailed and well structured with distinct references and instructions for every single lesson.

The seven modules are:

1. **Problem solving.** The goal is to learn methods to identify problems and find alternatives to solve them in a well structured way.

2. **Social skills.** Training in different social skills in order to increase social competence. The participants are also trained in a more acceptable interactive behavior to reduce the risk of getting into problems they cannot solve.
3. **Negotiation skills.** The participants are trained to accept compromises and avoid conflicts in daily life by taking and giving. Another topic is to find alternatives by analysing different consequences of a choice situation.
4. **Control of feelings.** The focus is what happens when a problem emerges, what makes us upset and how anger is triggered. Then different techniques for the management of strong feelings are discussed.
5. **Creative thinking.** The aim is to learn creative thinking and to use one's phantasy to avoid simple solutions, which often leads to problems.
6. **Values.** Here the participants get an explanation of why people think in different ways, how we are affected by earlier life experiences, group belongings, et cetera.
7. **Critical reasoning.** The participants are trained to think in more effective, logical and rational ways.

From 1994 until now 160 coaches have been trained in a two weeks training course followed by two follow up seminars and supervision during the two first courses. Approximately 1500 clients have passed the programme. Research and continuous follow up studies show obvious positive results.

CS in brief

The originally Canadian "Reasoning and Rehabilitation Programme", in Sweden called "Cognitive Skills" has been used in the Swedish Prison and Probation since 1994. It is convenient for prisoners, males as well as females, with a typical criminal behavior.

Theoretical background is Cognitive Behavior Therapy models and theories.

The method of training is in groups of 6 – 8 participants with different pedagogical methods as well as home work.

The content of the programme is seven modules with a total of 38 lessons.

Programme delivery is conducted by prison staff, always two specially trained coaches working together.

Research regarding the outcome has shown positive results. Pre- and after tests are always conducted to measure the effects for the individual participant.